

November Meeting and Much, Much More!

1 message

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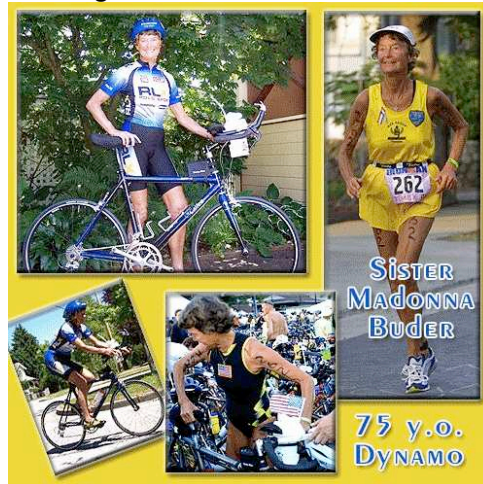
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NUN ON THE RUN!!!!

Big news everyone: The FCTC confirmed today that Sister Madonna Buder, the almost 80 year old Ironman Champion and World Record holder, will be our guest for the February 8th meeting. Sister Madonna is one of the most famous athletes on the planet having completed over 300 triathlons, 35+ Ironman races, and countless marathons. Sister even appeared on HBO recently and is always featured on the Hawaii Ironman broadcasts. Having Sister Madonna



come here is a glowing achievement for the TRI FOXES. We plan on lots of media attention and we are going to offer invitations to the Pacesetters and Redline Tri club. As of now, we plan to host the event at the Kaukauna High School Center for the Performing Arts. Please google Sister Madonna Buder for more inspiring information. Or visit [here](#) for more information.

RUN AND BIKE ... NOVEMBER 2nd MEETING..FREE STUFF, TOO!

The meeting starts at 4pm, but come at 3:30 if you want Brian McWilliams to videotape your running style. Brian and Nathan Ennis will be our featured speakers teaching us how to run and spin more efficiently. In addition, Wendy Heldt will tell us how being a triathlete has impacted her life. Plan on cookies and Starbucks and our usual TRI FOX camaraderie. We even need a "show of hands" regarding something we want to buy..more info on Sunday..... and.....
RUNNING SHIRTS, FREE CAR WINDOW STICKERS and new GRAY long

sleeved t-shirts. Our new running tops arrived today and they are sweet...long sleeved..perfect for cool running...we have them in all sizes and they will be for sale starting at this Sunday's meeting...they are \$20.00 each.

Come to the meeting on Sunday and get your FREE TRI FOX sticker...this Sunday...FREE!!! And if thAT isn't enough, we will have our new long sleeved gray TRI FOX t-shirts for sale on Sunday. We will also have our sweatshirts and regular t-shirts.

TRI FOX TECHNICAL CLOTHES



You can start placing your orders this Sunday at the meeting. We will be carrying new items this year including: jog bras, bibs, new jackets, new biking shorts, arm warmers, and leg warmers. In addition, we will also offer our traditional helmets, jerseys (short sleeved and sleeveless), tri tops and tri shorts, skin suits, and of course we have FOX SOX to match the ensemble! We will have "fit kit" so you can find your perfect size. Don't forget your checkbooks!

TRI FOX MOVIE 2008

Many of you have asked about the 3rd annual TRI FOX movie... Ben and Kelly are diligently working with many TRI FOX "extras" as we speak. The "PRODUCERS" want this season's spectacle to be even more extraordinary, so we are going to host a "WORLD PREMIER" at a special time and date....January 11th...our first club meeting of 2009! It might even be a BLACK TIE event..who knows what those kooky HOLLYWOOD TYPES are cooking up for us, but we know it will be "over the top fun!"...look for details in the next few weeks and plan to attend the December end of year party on the 7th for a SNEAK PREVIEW!!!!!!



HAMMER NUTRITION and THE TRI FOXES

One of the most requested topics for our meetings is NUTRITION. The owner of Hammer Nutrition confirmed today that they are thrilled to come here from their home base in Montana to talk to us about Nutrition for the Triathlete!! They are currently working on possible dates and we will inform you as soon as we nail it down. This will be a meeting you will NOT want to miss!

www.hammernutrition.com

SHWAG (or SWAG)...or, GOOD FREE STUFF!

Donate your discarded SHWAG to our student triathletes in training. Anything you have gotten from your race goody bags is appreciated (Hammer gels, power bars, swim caps, race shirts you didn't like...). There will be a SHWAG bag at each meeting for these discarded treasures.

Thanks! Linda Kuhaupt & Sarah Marnocha

Indoor Cycling At The Recyclist is HERE!!!

- Most Miles Competition....
- Win a 2009 Roubaix Elite or a Women's Ruby Elite *



- Competition will run from Nov 8th to Mar 7th, 2009.
- \$8.00 per 1hr session or buy 10 sessions for \$75.00
- Stop in or phone 759-1200 for Details.

Or visit the recyclist [website](#) for more information.

END OF YEAR CELEBRATION

Please mark your calendars for our end of year party on December 7th at 4pm at the Appleton YMCA...we will have our FUZZY FOX AWARDS and a very inspirational speaker: Lynne Wichman, a runner of 25 years who was diagnosed with Multiple Sclerosis 6 years ago...and she still COMPETES, just having finished the Fox Cities Marathon! For Lynne, the words PERSONAL BEST have a whole new meaning. We couldn't ask for a better way to say good-bye to 2008! Can you say, NOT A DRY EYE IN THE HOUSE? And if this is not enough, we will have GREAT giveaways...how about free haircuts and oil changes?? How about a free wetsuit? Who knows what great stuff you might win!! And if that is still not enough, how about PIZZA and a SNEAK PREVIEW OF TRI FOX MOVIE 2008!!

This is always a great party and what a great way to build up to our January 11th WORLD PREMIER and SISTER MADONNA on Feb 8th!!

Whew! That's enough stuff for one email blast...but we are well on our way to a fabulous November and December and early 2009!!! Don't forget to VOTE! FUZZY FOX FOR PRESIDENT!

Thanks for reading the latest Tri Fox News.

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Sincerely,
Fox Cities Triathlon Club

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