

Fox Cities Triathlon Club

[show details](#) 9:10 PM (3 minutes ago)

[Reply](#)



11/2/2009

IN THIS ISSUE

[November 8th Meeting](#)

[Tri Fox Spin](#)

[Fuzzy Fox Awards](#)

[December Party](#)

[Xterra Wetsuits](#)

[Noodleini](#)

The Heart of Triathlon



Please join us for our November club meeting at 4pm on November 8th at the Appleton YMCA.

Dr. Mike Gitter will present a timely discussion about heart health and sudden cardiac death of the athlete.

Dr. Ken Geller will then join in for a Q &A. Everything you want to know and ask about heart disease and living a hearty healthy life.

Starbucks and healthy treats and more!!! Club gear will be on hand for sale.

TRI FOX SPIN

FIRST FRIDAY NIGHT 2 HOUR SPIN AT THE APPLETON YMCA
FRIDAY - NOVEMBER 13TH FROM 6-8 PM



SIGN-UP SHEET IS IN THE "Y" SPIN ROOM OR E-MAIL
donkeddell@yahoo.com

GREAT WORKOUT AND GOOD TIMES ARE PROBABLE!
PIZZA AFTER?????????????

LET'S SHOW TRI-FOX SUPPORT FOR THESE RIDES TO CONTINUE - FILL ER UP!

GREAT WAY TO MAINTAIN OR MAKE GAINS IN YOUR BIKING SKILLS DURING THE OFF-SEASON!!

FUZZY FOX AWARDS

Who will be honored with our coveted FUZZY FOXES and who(m) will win the TOP FOX award....plan to attend the December meeting!



And if you want to nominate a fellow Fox for a Fuzzy Fox, you still have time...do you know someone who has gone above and beyond...someone who has touched your life? Please submit their name to Peter Victor at pvector@fedcoelectronics.com



DECEMBER PARTY

Are you getting excited for our end of year celebration? Fuzzy Fox awards and plenty of very cool giveaways:

You might just win: an Xterra Wetsuit, a \$250 bike trainer donated by The Recyclist, free lactate threshold testing, a massage, manicure-pedicure, Hammergel...and many many more cool things.....we have some excellent surprises in store for our December end of year celebration...

Date and time to be announced soon, but be prepared for lots of fun and prizes (you must have joined our club by November 15th to qualify for prizes----we are trying to be fair to everyone)

XTERRA WETSUITS



Xterra wetsuits \$99 sale. Check out their [website](#) for more information. The sale runs until Nov 13.

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

[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

[Reply](#)

[Forward](#)