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## TRI FOX END OF 2008 CELEBRATION

December 7th, 4:15pm, Appleton YMCA  
(slightly later start time due to Packer game).

We are going to have a great time with really cool giveaways.. and FUZZY FOX AWARDS!!!! This is your chance to take home a new wetsuit or a rocket helmet, Uno's gift cards, oil changes, haircuts, sport bags, socks, clothes, a bike computer, bike parts, free coaching sessions, free bike fits, free swim stroke analysis, free running gait analysis, free lactate threshold testing, beanies, back packs, and so so so much more.

Our TOP FOXES have planned a special awards ceremony...who is going to get a cherished FUZZY, who is going to be our TOP FOX? This will be great!

Plan to eat pizza and treats and celebrate a wonderful 2008 with your fellow FOXES!!! Don't forget, 4:15pm Dec 7th.

## NEWBIE VIDEO

Ben is still in need of several newbies (1 or 2 years in the club) for part of our 2008 DVD...please email Ben at [bcherkasky@gmail.com](mailto:bcherkasky@gmail.com) The plan is to do a short "shoot" at 3:30pm on Dec 7th at the Y.

## TRI FOX VIDEO 2008

The debut of the always anticipated "movie" will be on Jan 11th. PLEASE reserve that day...you will not want to miss it. Ben and Kelly and a "cast of thousands" are working hard to make this video "Academy Award worthy!" A very special TRI FOX thank you for all of their hard work. This is a labor of love and we appreciate all of their time they devote to this project!

## DODGEBALL!!!

Peter Victor and Dave Martin (our 700th member) are planning a TRI FOX dodgeball game at 3pm before the Dec 7th meeting. These guys are fun and hysterical so you can only guess how cool this game will be. As this email is being written, the plans are being finalized and more info will be forthcoming next week....but plan on DODGEBALL before our end of year celebration....and they promise this will not be

a dangerous game (no head shots!!).

## **900**

Welcome to our 900th TRI FOX, Tammy Jack, a nurse and a newbie. Tammy is planning to do her first triathlon at High Cliff. Welcome Tammy, we are proud to have you as a TRI FOX!!

### **National Challenge Competition**

As days become shorter, the weather gets colder, bikes become one with trainers, relationships with treadmills are rekindled, and suddenly it is not quite so appealing to jump in the pool and knock out those laps. As crazy as triathletes are, even the winter days can deter many from training and competing. And USAT will stop at nothing to foster that competitive edge year-round.

This is why the National Challenge Competition is back with a vengeance for the third year and will kick off on December 1st!

The NCC will last for three months (December 2008 through February 2009) and is composed of three separate month-long sessions. Each session will focus on one of the three disciplines of a triathlon and will have a benchmark for each club to reach. In December the focus is swimming, in January it is cycling and in February it is running. The first club to beat the benchmark will earn first prize for that session. If a club should reach all three benchmarks first they will win an extra prize.



No need to do anything extra. Just keep track of your regular training miles. There's nothing more to do. This could be the easiest competition you've ever participated in.

If interested contact Amy Henning at [trifoxamy@gmail.com](mailto:trifoxamy@gmail.com) You must be a USAT member to participate.

We finished very high in the nation last year. Let's get more people to participate so we can take home some cool prizes.

### **TECHNICAL CLOTHING**

Orders are still being taken for our "outfits". We will update you at the Dec 7th meeting about order status and minimums etc. Please don't delay, order now!

### **TRI FOX STORE**

We have lots of great TRI FOX gear for your holiday shopping needs.

We keep it all at WORLD HEADQUARTERS (Aurora Clinic in Kaukauna)...7am-5pm M-F.

We will also have most of our gear at the Dec 7th meeting.

### **BEACH TOWELS**

Would you like a TRI FOX beach towel? Perfect for races and just hanging out at the pool! We will take "pre-orders" at the Dec 7th meeting...we will have pricing by then. The towels will take 90 days to print and ship.

### **SPIN SPIN SPIN**

Our 2nd TRI FOX spin will occur at the Appleton Y from 6-8pm on November

28th...please sign up NOW at the Appleton Y or with [Jheifner@foxcitiesymca.org](mailto:Jheifner@foxcitiesymca.org).



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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