

**Fox Cities Triathlon Club**

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**11/24/2009**

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## HAPPY THANKSGIVING

We have a wonderful DECEMBER TO REMEMBER just ahead!

Our December meeting/end of year PARTY is a bit later than usual this year due to some very special and FUN guests! We are scheduled for December 20th at 4pm at the downtown Appleton YMCA.

The nationally acclaimed "grilling artists" Maddog and Merrill will be treating us to HEALTHY GRILLING! Yes, that's right, they will be setting up their grill right outside the YMCA (weather be damned) and firing up some delicious veggies, and chicken and more!

But that's not all we have planned for December 20th... we will have our annual FUZZY FOX AWARDS CEREMONY...for those of you who are new to the club...we award our mascot foxes to our fellow members who have gone above and beyond!

Our past TOP FOXES have met in secret session to determine who will receive the coveted FUZZY FOXES. It is a secret only they know and will reveal on December 20th.....the excitement builds daily!!!

Come and find out who will be our 2009 TOP FOX!!!!

We will have our brand new Polar TRI FOX water bottles..brand new in multiple cool colors...

We will have our brand new full zip hoodies..new designs..and new colors..can you say PINK for our TRI FOX ladies?

We will have lots of SHWAG (cool freebies) to giveaway: a wetsuit, a bike trainer, gift certificates, hair cuts, coaching sessions and so so so much more.

You have to be present to win!

As we get closer to December 20th, we'll post some pictures of our new water bottles and full zip hoodies.

## **TRI FOX SPIN**

Mark your calendars for the upcoming Friday Night Tri Fox 2 hour spin.  
Friday, Dec 4th from 6-8 PM at the Appleton YMCA.

SIGN-UP SHEET IS IN THE "Y" SPIN ROOM OR E-MAIL  
[donkeddell@yahoo.com](mailto:donkeddell@yahoo.com)

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

Check out the pictures from the November spin on the Tri Fox Website!

## **FESTIVAL FOODS TURKEY TROTS**

Green Bay, Fox Cities, Oshkosh, Fond du Lac and Manitowoc  
Thanksgiving Day 8:30 am

This year the Festival Foods Turkey Trots expand to FIVE northeast Wisconsin communities. The 5 mile run and 2 mile run/walk take place at 8:30 am on Thanksgiving Day. Proceeds benefit the YMCA's and Boys & Girls Clubs in northeast Wisconsin. For more information-including location specifics, registration links and course maps-go to [www.festivalfoodsturkeytrot.com](http://www.festivalfoodsturkeytrot.com)

## **FOX FOTOS**

We want to update our FOX FOTO ALBUM on our website...please send any Tri Fox related pictures to [foxtriclub@gmail.com](mailto:foxtriclub@gmail.com)

## **NOODLEINI**

Choose The Noodleini 5K & 15K Run/Walk to keep you motivated especially during the Thanksgiving season. Due to its popularity and growing too big, the event this year will start at West De Pere High School on Sunday, November 29th at 8 a.m. This event is designed for families and friends to encourage them to exercise together as it is held every year on Thanksgiving Sunday.

All participants receive a long sleeve shirt, a free meal certificate at Noodles & Company, cheese pack, food and fun after the event. Over 144 trophies will be awarded. Proceeds from this event will go to benefit the West De Pere High School band. Take \$3 off you entry fee by registering at Noodles & Company in Green Bay or Appleton.

The event has a beautiful venue as both courses start out along the Fox River. The 5K or 3.1 mile route turns around in a residential neighborhood close to the St. Norbert College Campus and returns. The 15K or 9.3 mile route is beautiful and quiet and winds through residential neighborhoods and follows Lost Dauphin back to the school.

Registration is now open! Drop off your form at the Noodles & Company locations in Appleton or Green Bay and take \$3 off of your registration fee. Current fees are \$23 for adults and \$11 for children (12 and under). After November 28th fees go up, so get your registrations in now. On Saturday, November 28 you may pick up your packet early from the Midwest Sports Events office located at 2079 Lawrence Drive. Take the Scheuring Exit from Hwy 41.For

more information visit [midwestsportsevents.com](http://midwestsportsevents.com), call Midwest Sports Events at 800-429-8044, or email [info@midwestsportsevents.com](mailto:info@midwestsportsevents.com)

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Sincerely,  
Fox Cities Triathlon Club

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