

Fox Cities Triathlon Club

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**GRILLING FOR THE HEALTH OF IT
DECEMBER 20th!**

"World famous grillers" Mad Dog And Merrill will be our special treat at the December 20th end of year party! After their presentation they will grill veggies, and serve pasta salad, and chicken...believe it or not, they will set up the grill outside of the YMCA (we'll eat inside, don't worry!) This will be a new and fun experience for us...come hungry, stay late! Check out their website <http://www.maddogandmerrill.com/>



But that's not all we have in store for you on December 20th...the much anticipated FUZZY FOX AWARDS and....GREAT giveaways! Please plan to come and meet all the newbies, too. Did you notice that our membership is up to 1019!!!

ACHES AND PAINS

Don't forget the therapists from ADVANCED PHYSICAL THERAPY will be at all of our meetings, one hour prior to the start. If you need some fixing, please take advantage of their generosity and expertise!

Thanks again: Rob Worth, Terry Moore, and Mark Shopshire!

TRI FOX SPIN

This Friday Night (Dec 4th) is the Tri Fox 2 hour spin (6-8pm) at the Appleton YMCA.

SIGN-UP SHEET IS IN THE "Y" SPIN ROOM OR E-MAIL 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!

FLEET FEET

As we say good-bye and good luck to Steve Bernhardt, the owner of The Fox Valley Running Company, and thank him for all he did for the Tri Foxes, we welcome the new owners of the store, Leah and Jeremy Schapiro.

Leah and Jeremy have re-opened as FLEET FEET in the same building. The

name is different but the philosophy is the same: great service. Actually they call it "fitosophy"! Jeremy is an avid runner and Leah is an experienced triathlete. As they get their feet wet in the new business, they plan to bring **FLEET FEET** in new kinds of merchandise, too. Please welcome Leah and Jeremy and check out their new store....they have promised to be great new "FRIENDS OF THE FOXES!"



<http://www.fleetfeetfoxvalley.com/>

NEW TRI FOX FULL ZIP HOODIES



Be the first to get one of our BRAND NEW hoodies....we have 2 new designs and a "women's only" version. If you order by December 11th, you'll get it before Christmas.

The unisex hoodies come in black or a new type of gray and have 2 different designs. The "women's only" is also a new design and is PINK! We will have a few sizes at our December meeting, but the best thing to do is order directly from Eagle Graphics. [Download an order form](#) and order yours today!

COOL WATER BOTTLES.....they're COOL....get it?



We will also unveil our brand new Polar TRI FOX water bottles on December 20th! We have them in several different colors! Only \$12.00! We only have 47 of them, so get 'em while they're HOT..get it? Hot and cool!

STOCKING STUFFERS...and a joke

Don't forget we still have lots and lots of TRI FOX gear at WORLD HEADQUARTERS...perfect seasonal gifts. Running caps, bike helmets, coffee mugs, key chains, a few fox socks, swim caps, technical running shirts, crew neck and hooded sweatshirts in black and gray, lots of our t-shirts, and even some biking and tri gear in assorted sizes (jerseys, shorts, etc).

Please plan to stop at WORLD HEADQUARTERS which is conveniently located in the Aurora Medical Clinic at the corner of CE and 55 in Kaukauna....store hours are between 7am and 5pm M-F...and while you're there, you might want to pick up the latest treatment for swine flu...a little "oinkment"..get it? (is this a funny email or what!!)

AND FINALLY, Happy Chanukah, Merry Christmas, a Blessed Kwanzaa, and Happy New Year

As we approach this holiday season, we wish everyone a wonderful and safe transition to 2010. Please take the time to look back at what we as individuals and as a club have accomplished and wonder with amazement at what yet there is to achieve. We are pretty awesome people, full of life and energy, love and gratitude.

If you have a personal story about something (anything) that "dazzled" you in 2009, please email it and we'll make sure we share it with the club either through an email blast, on our website, or at the December 20th meeting. Please send to acherkasky@new.rr.com

Thanks for reading the latest Tri Fox News.

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Sincerely,
Fox Cities Triathlon Club

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