

## Fuzzy Fox Awards, Top Foxes and more!

1 message

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Pizza and prizes for everyone!

The December 7th meeting at the Appleton YMCA included tons of great giveaways including: FREE race entries, coaching sessions with Jim Boldra, Brian McWilliams, and Curt Buetler, gift certificates from several local businesses like Uno's and Master Lube, great hair products from Salon Aura and Fantastic Sam's, clothing from Eagle Graphics, a wetsuit, coupons for upcoming race photos, an aero helmet and tons more from Fox Valley Running Company, The Recyclist, Gear N Up, Wheel and Sprocket, Runaways Shoes, Scheels, Gold's Gym, Countryside Golf Course, Xterra, and others.

Nobody went home empty handed!

Read the details below of those club members that were honored for their contributions during the past year.

Our next meeting, to be held January 11 at the Appleton YMCA, will include the world premiere of the 2008 Tri-Fox year-in-review DVD. Make plans to be there!

Also, make sure to mark your calendars for February 7-8 for "Nuntastic" events.....watch for future emails.

## 2008 FUZZY FOX AWARDS

The 2008 Fuzzy Fox Awards were presented to:

Janine Boldra - Lifesaver - "Janine saved a swimmer in the churning waters of the Oshkosh Triathlon." This is the sign of ultimate sportsmanship

Don Keddel - Inspiration - "Don is very giving. Don has been known to do anything to assist his fellow members. Getting up at 5am regularly to help others with training was common from Don."

Sean Ryan - Speaker - Sean is a fine member and friend of the club. Sean gave valued assistance to the Firecracker, supported the Great Escape Gala Dinner and has been a well welcomed guest speaker at past meetings.

Dave Martin - Forum King - "Dave is the biggest blogger on the tri fox forum. Dave also has co-founded the Foxtoberfest glide-n-stride and given a helping hand on numerous projects and events." "Dave should get a Foxy for simply being Dave."

James Blaskowski and Nate Carroll - Oshkoshers - James and Nate have expanded the Tri Fox community by founding weekly Oshkosh runs.

Mike Schmidt - Handy Fox - Mike has gone above and beyond... making Foxes, getting schwag, helping out whenever and wherever, and what an amazingly nice guy too!

Julie Hintz - Meeting Secretary and Special Needs Tri - Julie helped take notes at meetings all year long in addition to being an avid Fox supporter. Helping with swims and assisting in the special needs Triathlon at High Cliff.

Eric Pless, Brian McWilliams and Alicia Jones - Green Bayers - These three have expanded the tri fox community by founding weekly Green Bay Bike Rides.

Tom Romnek - Youth Tri Foxes - Tom has been organizing the youth tri fox program for two years through the Boys & Girls Brigade of Neenah and Menasha.

Andy Lanouette - Sag Wagon - Andy provided much needed sag support one Tuesday night ride when he was not able to ride. Despite lost numbers, crossed messages and a dead cellphone he did rescue a stranded Tri Fox!

Mike Fries - Route Guru - Mike assisted Mark Conway in making two new Wrightstown bike routes and printing and bringing maps for members.

Darryl Yunk and Rich Szymanski - Appleton Runs - Darryl and Rich lead weekly Appleton runs, providing a safe event for runners of all abilities from newbies to advanced runners.

Sarah Marnocha & Linda Kuhaupt - Summercamp Tri Foxes - Sarah and Linda taught a comprehensive triathlon course to middle-school students of the Fox Valley. Throughout the class, Sarah and Linda held regular training, which culminated to a final triathlon series which tracked the students amazing progress over the summer.

Ben Cherkasky - Billy Goat - "Willingly does all sorts of stuff for us without regard

for any inherent dorkiness, that might be involved. Filming videos, editing, editing, editing, starring as Fuzzy and painting roadways. Plus he puts up with his dad to boot."

Steve Bernhardt - Outstanding Business Friend of the Club - Steve has given endless overall support to the Tri Foxes... food for the dance party, spoke and Tri 101 and worked endlessly with members in improving the quality of our running.

Lee & Brenda Simril - Inspirational - Lee and Brenda have given of themselves unselfishly in multitudes of ways. Brought us good laughs, endless training advice, good stories, movie suggestions and one Mexican named Louis Alvarez. We will miss these two as they relocate to TN... they are always Tri Foxes.

Rick, Jan and Dan Anderson - Von Trap Family Award - "This amazing family has touched almost everyone in this club in one way or another. Rick stays at every event until the last Fox is across the finish line. Dan wears the Tri Fox colors so well. Jane is always alongside the family and completed her first 5K at Reach the Peak. We don't know many other families who has each and every member as dedicated to the Tri Foxes as they are."

Gloria West - Ultimate Supporter - Gloria has given her ultimate support of our club every year through numerous generous programs, discounts, offers, promotions and events set up through Midwest Sports Events to support Tri Foxes and the multisport community in the Fox Valley.

Drew Herrmann - Go To Guy - Drew has lent a hand at everything he could. Co-founded the Foxtoberfest Glide-n-stride, volunteered with the clothing committee, Firecracker and almost everything else he could.

Jaynie Cherkasky - Took over the clothing this year, and allowed us to borrow Alan so much. Thank you!!!

Cheri Ellenbecker - Cheri stepped up to the leadership committee and has contributed her ongoing dedication through leading the club. Cheri also put on the first annual Tri Fox Golf Outing in September and created a fun and challenging day for all participants despite, wind, rain and maybe some hail at times.

Dan Andreson - Young Fox - Dan is an amazing ambassador to the young triathlete!

Jackie Bushner - Rookie of the Year - "Jackie has shown amazing support and enthusiasm for the club. She has come to a lot of events, including Wed. Runs. She has volunteered to lead a message therapy informational session and she organized Saturday Green Bay runs as well as getting schway for this December's meeting."

## **2008 TOP FOXES**

The 2008 Top Foxes are

Katy Combs-Sirovatka - Katy lead the Tri 101 program this past winter/spring. This consumed months of Katy's time from organizing the program, leading the classroom events, creating "find-a-fox," following up with newbies and offering newby specific training events leading up to High Cliff. Katy has exemplified the passage in our mission in... "enabling athletes of all ages and abilities on Northeastern Wisconsin to achieve their athletic goals in a stimulating, supportive and sociable environment."

Amy Henning - Amy coordinated the USAT Challenge and volunteered countless hours at various events including a leading role in the Fox 5K, volunteering her leadership into the clothing committee and being first to lend a hand at almost anything.

Becky Tomlinson - Becky has been our quiet and congenial backbone to our website, email blasts and most anything we put on. Becky is the organizational mind that keeps us all together. I think she puts in a ton of thankless hours and she has been doing this for a few years now. One Tri Fox commented, "People like Becky want me to become a part of triathlon and a part of the tri foxes. Becky is about being the best that she can be and still having something left to wish her Tri Foxes, other triathletes and her competition to do their best. Plus she's an Ironman!!!"

Tim Lahti - He was also a huge part of Tri Fox 101, he stepped forward last minute and gave enormous help to Gloria at High Cliff (setting up and overseeing everything that was "High Cliff" over the entire weekend) and was INSTRUMENTAL in the FIRECRACKER all year long. The club's most treasured memory of Tim this summer comes from the Fox Firecracker 5K where Tim drove Gloria's massive trailer to Kaukauna at dawn to prepare for our our historic event. Tim looked like he was pulling the Trojan Horse. Indeed he was and the Tri Foxes staged the best 5K the Fox Valley has seen yet with Tim's help!

## **HIGH CLIFF EARLY BIRD CLUB DISCOUNT**

Midwest Sports Events is offering us a very special early bird discount for the High Cliff triathlon.

Early Bird Tri Fox Registrations until January 31st will receive the following CLUB specific discounted rate...

\$75 for the Half Ironman

\$35 for the Sprint

(Non USAT members must add the \$10 day membership fee.)

There are two ways to get this discount....

**OPTION #1** - Active.com registration instructions...

Members must add a password while registering on active.com to get the club

discount. The password will automatically take the discount off the regular fee.

Password for SPRINT: foxclub5  
Password for Half IRON: foxclub10

**OPTION #2** - Mail-in registration instructions...

Members must download the mail-in entry form from: [midwestsports.com](http://midwestsports.com) . On the bottom of the form, write "EARLY BIRD CLUB PRICE - TRI FOXES". Then write in the discounted fee amount (\$75-1/2IRON \$35 SPRINT).

This discount is available to Tri Foxes and friends and family of the club, so spread the word to your peeps.

Take advantage of this discount and register today. Treat yourself to a Thanksgiving host/hostess gift. Give the gift of "The Cliff" for Christmas. Make your new year resoluton early.

Make sure anyone interested in registering does so before January 31. Also, there are prizes for the first clubs to register 12 or more, so register immediately to help the club earn a valuable prize for a future schwag drawing!

**\*\*\*\*\* Special note for those already registered...**

Midwest Sports Events will be offering a credit/refund to any club members who have registered before this discount was offered. Request your discount by email to... [info@midwestsportsevents.com](mailto:info@midwestsportsevents.com) . Email must specifically state that you would like to request a credit/refund for the "EARLY BIRD CLUB PRICE - TRI FOX" because you registered before the promotion. This request may also be made by phone at: 920-338-8741.

Let's make High Cliff a wave of golden Foxes this year!

## **National Challenge Competition**

Just a reminder, the start of the 2008 National Challenge Competition is Dec 1st. Start keeping track of all your swim, bike and run miles as of Dec 1st. The prize will go to the club with the most swim miles for the month of Dec. But keep track of all 3 events for the overall total miles.

New this year all participants have to have a USAT member #.

That means I need info from everyone to get us registered.

So send me your USAT # and your AGE as of Dec 1st this year.

I don't share these numbers with anyone other than the the USAT registration. The sooner I get the numbers the sooner I can get each person registered for the event. Makes it easier for me if I don't have to do it all at the end of the month.

Everything else is the same. Just do your normal training and email me weekly with your total miles. I will do the rest. The first team to get 750 swim miles will

also get a prize so feel free to send in those swim miles daily for the first week or two.

I'm hoping to get 75 people to participate this year. If you know of others who would like to participate let me know. We finished in the top 20 last year with only 40+ people. If we can get 75 we can get a lot of miles in.

If interested contact Amy Henning at [trifoxamy@gmail.com](mailto:trifoxamy@gmail.com)

## TECHNICAL CLOTHING

We are still taking orders and have not met the minimum requirements on many of the items. Please plan to order soon. See the [website](#) for more information.

## FOX GEAR

We will have our new long sleeved technical running shirts, our beanies, our new long sleeved cotton t's and all of our other gear at the meeting on Sunday...What better stocking stuffers and holiday presents could you ask for! Check out the Tri Fox world headquarters at the Aurora Clinic in Kaukauna for everything that's available.

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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