

Fox Cities Triathlon Club

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12/08/2009

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DECEMBER 20th MEETING AND PARTY

??pm Appleton Y

THIS JUST IN...THE NFL AND FOX SPORTS

contacted the FOX TRI CLUB to notify us that the game between the PACKERS and the Steelers has been moved to a 3:15pm kickoff... We are working with the Y and with MAD DOG and MERRIL to move the party time to **noon** or **12:30pm** on the 20th.



Stay tuned but please be flexible with your plans that day...thanks!

In addition to GRILLIN' for the HEALTH OF IT by Mad Dog and Merrill (veggies, chicken and more) we will have Fuzzy Fox Awards and major cool giveaways: win a wetsuit, win a mani-pedi, win a bike trainer, get a free haircut and so much more!

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 Shropshire!

NEW TRI FOX FULL ZIP HOODIES



FULL ZIP HOODIES..ORDER BY DECEMBER 11th to ensure XMAS DELIVERY!

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!

USAT Challenge: Don't forget to contact Amy Henning if you are interested in participating in the challenge this year. Keep track of all swim, bike and run miles and we will log them as a club as we compete to see which clubs can log the most miles across the nation.

Interested? Email Amy at trifoxamy@gmail.com

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!

Thanks for reading the latest Tri Fox News.

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Sincerely,
Fox Cities Triathlon Club

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