



12/17/2008

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MERRY CHRISTMAS, HAPPY CHANUKAH, JOYOUS KWANZA, AND A HAPPY AND HEALTHY NEW YEAR TO ALL OF OUR TRI FOX FAMILIES!

*Best Wishes
for the
Holidays*



SPINNING ON FRIDAY

This Friday December 19th, we will have another TRI FOX spin from 6-8pm at the Appleton YMCA. Please email Jan at the Y to reserve your bike.

jheifner@ymcafoxcities.org

Did anyone say PIZZA afterwards! Thanks in advance to Don Keddell for leading another exceptional session!



MOVIE MOVIE MOVIE MOVIE

Plan on NOT missing our January 11th WORLD PREMIER of TRI FOX 2008!!!! This is the 3rd annual movie and word on the street is that this is the best one yet!

More details to follow, but if you can only attend one meeting a year, this is THE ONE! We will raffle off a wetsuit and an aero helmet!

NUN FUN!

Yes, that's right, Sister Madonna Buder, the almost 80 year old Ironman Nun will be here (from Spokane Washington) for our February 8th meeting. She is an inspirational speaker and her story will AMAZE you! We are going to hold her talk at Kaukauna High School and it will be open to the public.

And...if that's not enough we are going to have RUN WITH THE NUN on Saturday February 7th. We are going to run the route of the FIRECRACKER.

We do need help with the Sister's weekend agenda and logistics...please volunteer to help make this a great event for the community. PLEASE send Alan an email if you are willing to help out...thanks! acherkasky@new.rr.com

TECHNICAL CLOTHING

As of now we have not met the minimum numbers on most of the gear we are offering for 2009. We had hoped to close out orders and send everything to Louis Garneau, but we can't unless more people decide to buy our gear. We are offering new jackets (really cool!), tri tops and tri shorts, biking jerseys and shorts, women's bras, one piece tri suits, helmets, arm and leg warmers, bibs...please see the order form on the [website](#).

TIME IS OF THE ESSENCE!

LAST MINUTE STOCKING STUFFERS

We do have a nice selection of TRI FOX casual wear at WORLD HEADQUARTERS (Aurora Clinic in Kaukauna) t-shirts, running tops, beanies, sweatshirts, coffee mugs, water bottles, FOX SOX and more. Please shop between 7am and 5pm M-F.

IT IS OFFICIAL!



Our FOX FIRECRACKER 5K is now the FOX FIRECRACKER BADGER STATE GAMES 5K WALK/RUN. YUP, it's true and what an unbelievable feather in our cap!

As most of you know, the Badger State Games are moving to the Fox Cities for the last weekend in June. The hierarchy of The Wisconsin Sports Development Corporation visited our inaugural event

and loved what we did and asked us to partner with them. What does this mean?? First of all, it makes our race a premier event...an ICON in the community. We will be promoted in all of their literature and we hope and expect our numbers to soar.



We will NOT change one single thing about the race. It will still be produced by the TRI FOXES and it will have the same patriotic theme as last year, including apple pie and sky divers! The route will remain the same and so will our fabulous t-shirts and design. Even though the rest of the games take place in late June, our race will remain on the 4th of July.

If you register by June 20th there will be many FREE perks including: marching in opening ceremonies in June, attending a Timers Rattlers game for the athletes, a goodie bag, a Badger State Games t-shirt and a Firecracker t-shirt, an athlete's festival and more!

We will have medals for 1st-3rd place in 5 year groupings and those who win will be able to compete in the National Olympic Games.

The Firecracker is open to everyone, regardless of age and ability and we encourage families and the young and the old.

The TRI FOXES are offering a 50% discount to all active military and their immediate family. We are going to have a FIRECRACKER website available sometime in January with registration opening sometime early in the new year.

Thanks for reading the latest Tri Fox News.

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Sincerely,
Fox Cities Triathlon Club

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