

QUICK QUESTION: what do Rachel Manek and Matt Lauer have in common?

Answer: they are both seen in our 2007 end of the year DVD!! Rachel, our very own TV personality, IS the TRI FOX in the video while the other famous TV personality is only holding our Fuzzy Fox!
Rachel Manek is the morning anchor on WLUK's Good Day Wisconsin. So, the next time you tune in, here are some things you should know:

SCHOOLS:

Rachel grew up in Appleton where she attended Appleton East and then left for Valparaiso University for a degree in broadcast journalism and French. Rachel's desire to see the world comes from her father who was born and raised in India and she has travelled extensively including Italy, Germany, Denmark, Sweden, Thailand, and Hong Kong. She even studied at the Sorbonne at The University of Paris. Wow, what great adventures these must have been!

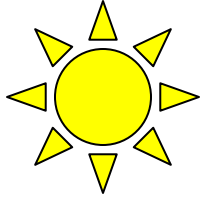
CAREER:

Life brought Rachel back to Wisconsin...she worked in Wausau at a local TV station where she met and married her news photographer, John, who is now a videographer for a Valley production company. They have a 5 year old daughter. An opportunity to make a move to a larger TV market became available and Rachel started at FOX News at WLUK 13 years ago.

Rachel LOVES her role as a broadcaster..."I like to be the first to know everything---meeting new people and hearing their stories. I think TV is a pretty cool way to tell a story...pretty exciting to use pictures and people!" Our "TV TRI FOX" does have some aspirations, but unfortunately for her, there is nothing on the horizon..."Diane Sawyer, Meredith Vieira, and Katie Couric are in no hurry to leave their jobs, so I am staying put." Lucky for us!

TRIATHLON RESUME:

Rachel's athletic life started like it has for so many of us...beginning with 5K races in 1999 and then progressing to the Bellin 10K....friends asked what she was going to do next and "triathlons seemed to be the best way to challenge myself." She also said she was kind of roped into doing triathlons and joining our club when she did a story on GOOD DAY WISCONSIN about the TRI FOXES and the High Cliff Triathlon. She now had no choice..she promised on LIVE TV that she would do a TRI. Door County was her first in 2006 and she was HOOKED! In 2007, Rachel did Door County and the Chicago Triathlon ("I was prepared for a 1/4 mile swim, but it was a 1/2 mile in Lake Michigan!") You can see Rachel on our DVD, front and center in the group photo of the TRI FOX Great Escape to The Door County Triathlon, proudly wearing our colors, which she has also worn "on air".



TELEVISION:

Being a local TV personality means that Rachel is recognized wherever she goes in the Valley...people know her and they see what she does. "Since I started triathlons, I have influenced a lot of people to get more fit. I get emails..I see them at the store...I tell them that you can do it, I can do it!"

ABOUT US:

"Sending a stuffed animal around the world is pretty insane, but boy does it get a lot of attention!"

Rachel Manek

NEWS ALERT!!!!!!!!!!!!!!

And what about the future of Rachel's tri career..what about 2008! "I am all ready...a new bike, a new wetsuit, except I just found out that I can't compete this summer.....I am having a BABY on May 29th!"

Congratulations Rachel Manek...we will miss you at the races this summer, but we know where to find you every morning!