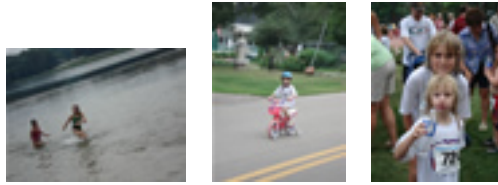


The Tri Fox Pless Family



It was a very hot day...104 degrees....as Eric Pless, a 39 year old attorney from Green Bay, tried to finish the run course at Ironman Germany last year... at mile 22 the wheels fell off the cart and Eric's dream of finishing his 2nd Ironman was about over...he hit the wall..he bonked....and that is when his daughter Kira, now age 10 and one of our younger TRI FOXES, stepped up to save the day...Kira hung with her Dad for the last 4 miles prodding and pleading and encouraging him until both Dad and daughter crossed the finish line together! Kira was an IRONKID that day!!! But that was not the only time Kira has crossed a triathlon finish line....she and Eric are actually "stars" on our club's 2006 DVD as we see them jumping and skipping across the line at Ironman Wisconsin last year. Crossing the finish line has now become kind of a regular thing for all 4 members of the Pless family:

Eric has done 3 Ironman races and is signed up for Ironman Louisville to be run on August 31st. He started training for his first 1/2 Ironman in 2003 and that's when he became a member of the club and hooked up with Green Bay Foxes, Alicia Jones, Stacy Ryan, and Shanna Zahn. Beth, age 40, the MOM in the family, an attorney, and a sprint distance specialist....Beth has raced in many local triathlons including Waupaca, Oshkosh, Green Bay, and High Cliff. Her goal this year is to move up to an Olympic distance race, but those darn knees just keep acting up after 3 miles....but like her daughters, Beth is not one to give up...she is a determined TRI FOX and we might just see her doing a longer race this next summer! Anika..probably our youngest FOX, is now 7, but believe it or not, she has been racing since she was 4!!! Are you kidding..nope, that's the truth. Anika has done 4 kids' tris... take a look at her sweet bike on one of the photos on this page...are those AERO wheels? Anika's goal for 2008 is to just "have fun and keep going."

And what about Dad's "helper", Kira? Kira Pless is not only a triathlete, having done 8 kids' tris and her first full sprint tri at Green Bay this year, but she is also a very accomplished "state level" swimmer with the Ashwaubenon Swim Club. We've been told she's not a big fan of the run portion, but with those long legs she is sure to be pretty fast on land and sea pretty soon! Kira's goal for this next season is to run the Bellin 10K and to do at least 2 sprints, Green Bay and Waupaca....maybe we can talk her into High Cliff too.



The Pless family is all about triathlon, the TRI FOXES, and of course each other...they train together, Mom and Dad act as wonderful role models for Kira and Anika, and they all root for each other and help each other to accomplish their dreams and goals. And dreams are what this sport is all about: Kira said to Eric, "Dad, when I turn 18 I want to do Ironman with you!" Eric, Beth, Kira, and Anika... **4 FOXES, ONE Family!**