

BETH NASAL DVM

You know what it's like: sniffles, cough, itching eyes, congestion, aching all over...and what does the doctor tell you.."It's just a cold, go home and drink fluids and get plenty of rest!"...But what do you think Dr. Beth Nasal tells her patients with respiratory symptoms? You see, her patients include Chinchillas, Prairie Dogs, Hedge Hogs, Lizards, Rodents, Rabbits, and Birds...all of whom are very susceptible to allergies and colds....WHO KNEW? As a good triathlete, Beth not only performs routine maintenance on her new women's specific Giant carbon framed bike, but on the beaks and wings of birds, too. While Dr. Beth tends to a lot of "exotic pets" she also cares for routine small animals, including her very own Pit-bull/Boxer--Rudy.

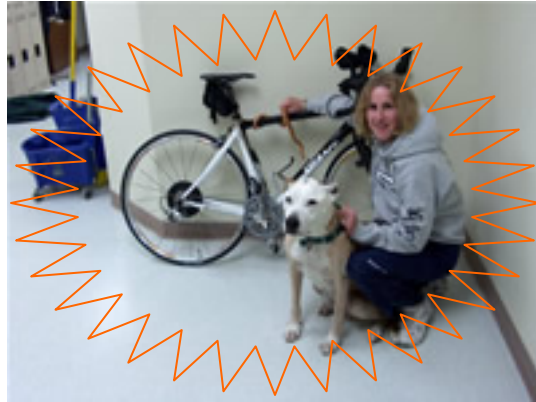
Beth is a 36 year old native of Michigan and alumnus of Michigan State, married to fellow triathlete Kevin, a project manager for WPS...they are both very active in St. Anne's Episcopal Church in Depere...singing in the choir, leading youth groups, and being part of the ever tasty church gourmet club.

Dr. Beth works crazy hours and when she isn't tending to a sick animal or educating the owner about a myriad of topics, and when she is not involved in her Church, you will find her training with her newly hired coach, fellow TRI FOX Brian McWilliams, a certified coach with PR TriCoach. Brian is helping Beth get ready for one of the biggest challenges in her life, Ironman Wisconsin. Beth said she wants to know "if I have it in me?" "Five years ago, if you told me I was going to do a marathon, let alone a 1/2 Ironman, I'd say that you were crazy." But what started off as just wanting to do some cross training because her biking ability seemed to plateau 5 years ago, morphed into doing the High Cliff sprint while her sister did the 1/2. Beth thought she was getting too much physical discomfort in her back and shoulders and neck from biking so she added the swimming and running.. she looks forward to changing events while building endurance with less discomfort than biking alone...and now she is on track to tackle the hills of Wisconsin!

Even though Dr. Nasal's schedule does not allow her to attend as many Sunday monthly meetings as she'd like, both Beth and Kevin are visible TRI FOXES at many local races and very generously donated money to the club when they couldn't volunteer at the Clean Air Tour. What a magnanimous gesture! And Beth has even stepped up to offer help with our new Green Bay bike rides.

Beth said that whenever she attends a local race she looks forward to seeing other TRI FOXES..."there are always TRI FOXES at every race"... "it helps me and motivates me knowing that other FOXES are there." She has yet to meet any FOX who is rude or condescending and

has found that the entire club is "welcoming, supportive of everyone.. supportive of all levels of triathletes!"



Thanks Dr. Beth for taking such good care of your animals, small and exotic, and we know you will take good care of "FOXES", too!

Good luck with your training as you embark on a pretty cool adventure and please be assured that "your FOXES" will be there on the hills of Wisconsin taking care of you next September!