



## **NO HORSIN' Around!**

**Julie Hintz** often wonders which saddle she should be in... the bike or the horse!

Julie has ridden horses all of her life and gives lessons and boards them on the same homestead where she grew up on Twain Road near Chilton, along the route of the first High Cliff Triathlon. But Julie hasn't given up real horses for her "horse of chrome (see last year's DVD)"...she still rides and loves them....but triathlon has become her new passion. Julie's husband of 21 years, Mark, "doesn't exactly understand all this FOX STUFF, but he tells me to do whatever I want! Julie's triathlon career didn't exactly happen overnight and she didn't go directly from the horse to the bike...running came first and then swimming. For the last 15 years, Julie has met up with a group of women to run or snowshoe EVERY Saturday at High Cliff.



One day, the other women were talking about this new kind of a race that was going to take place at High Cliff the next summer...it was called a triathlon and Julie thought she should do it...except, she only rode horses and ran...no biking and definitely swimming experience. That is when Julie met Gloria West, Kelly Jansen, Jeannie Ackley, and Jill Anderson..... that was the first TRI 101 held for local newbies. Julie couldn't make 1 lap in the pool...she'd wear fins and a water

belt to keep afloat and swam next to the wall--just in case! But our ladies encouraged her to keep coming back and that she did. Julie stuck to her dreams that first season and finished the sprint races at High Cliff and at Waupaca. Since then she has participated in the olympic distance at Oshkosh and has finished 2 High Cliff 1/2 Ironman distance races!

She also went on the TRI FOX GREAT ESCAPE adventure this summer to Door County and said it was "awesome!"

Interesting facts about Julie Hintz, age 42 ...Julie is the new recording secretary for the FCTC and serves on the clothing committee ...Julie was a big factor at the "special needs" tri this summer at High Cliff..she tended to the needs of a very special triathlete with a serious seizure disorder ...Julie LOVES flowers and is especially proud of her

garden...you can see them when you bike past her house on Twain Road...(follow ELM south to the end, turn right on Hickory Hills and left on Twain)...look for these words painted on her road: TRI FOXES ROCK..stop in for water or some Gatorade! ...Julie's eldest son is the starting tight end and back-up QB for Lawrence University. ...Zach is a sophomore at Chilton High ...Julie is an Occupational Therapist, concentrating on people with needs for long term support...she does "whatever it takes" to let disabled adults live in their own homes, whether that means paying bills, grocery shopping, or health care issues.....she is committed to integrating her patients into the community.

And how about Julie's funniest story about being a newbie? On her very first TRI FOX Tuesday night ride, she pulled off to the side of the road to take out a piece of tissue for her drippy nose....that's when one of her fellow TRI FOXES taught her how to be a real triathlete...she learned how to shoot snot out of her nose without missing a peddle stroke...that night Julie lost her innocence!

But don't think Julie is content riding horses, growing flowers, and attending football games...NO WAY..Julie was part of a 2 woman cheering section at IM Wisconsin this past September, holding up hand-made "FOX-SICLES" and screaming for everyone in our colors...it was a very moving day for Julie..so moving in fact, that she is planning to sign up for 2009!

Oh, and just so the readers of this TRIATHLETE OF THE WEEK don't think Julie was just "horsin' around" or making a "hoof-hearted" effort in the pool a few years ago, it is important to note that JULIE HINTZ is now a certified lifeguard!