

Best Friends FOREVER---2 SUPER TRI FOXES

Come with me and share your dreams
we'll sit on clouds and float down streams
we'll laugh together as we play
and you'll tell me your dreams throughout the day
come on now don't be shy
you don't have to worry for we won't say goodbye
take my hand we shall fly like a dove
we don't have to come down, we'll forever float above
I care about your thoughts and dreams
I'd shine on you all the sun beams
you don't have to lie to me, you don't have to be fake
say whatever you want, I know its something I can take
there are no rules with me, do what ever you want all day long
the only thing I ask is that you tell me your dreams and be strong
so come with me and share your dreams
we'll sit on clouds and float down streams.
Share your dreams by Kristine J. Betterton

Sarah Marnocha and Linda Kuhaupt have been BEST FRIENDS since their first day of math in 9th grade....they have stuck together through all the good and all the bad that life has thrown their way...they share their dreams...when one is sick the other comforts..when one is successful the other rejoices...when one falls the other raises her up.

Like the words say in the poem, they care about each other, which is why they put their hearts together to come up with a plan that would soften the blow of every progressive birthday. Both women were 35, mothers, wives and revered teachers, but 40 was not that far away...what could they do to assure their good health and fitness and find a good challenge at the same time.

THE PLAN:

having done no serious aerobic type activities since being seniors in high school, they knew it was time to start again...they were on a "girls only" trip to Lake Superior when the plan was hatched.

Birthday # 36 "Let's run a 1/2 marathon!" They did it...trained and raced the Fox Cities 1/2 ..Linda was hooked, but Sarah wanted more swimming

Birthday #37 Sarah suggested a triathlon...they knew NOTHING about it! They had old clunker bikes...a week before the Devil's Lake Tri Sarah got a new bike and for the first time ever realized the power of good equipment..she was so happy because she

was faster than Linda...then 2 days before the race Linda got a new bike..complete with the shoes and clipless peddles...problems arose because she never rode it until she did loops around the parking lot before the race...you know the rest of the story...didn't have a clue how to unclip and fell 3 times before the race even started!! But..again, they were hooked!

Birthday #38 This would be the year they really got into triathlon..they signed up for High Cliff and at pre-registration were handed TRI FOX tatoos...and they have been hooked on being TRI FOXES ever since!! Linda said, "The Tatoos did it..we joined the club..started wearing the jerseys, loved it when someone yelled, Hey Foxey!" And you can see them in their special SUPER TRI FOX capes on our 2007 DVD.

Birthday #39 More running and triathlons...Sarah doesn't love to run the long distances but she helped her BFF train for a marathon...Linda did her first one at Fox Cities and enjoyed it..hoped to break 4 hours and got a 3:59!

Birthday #40 Linda tried to qualify for Boston...Sarah was the best support system ever...having a party with Boston Creme Pies and the whole theme...trying to put her friend in the right mindset...she missed her Boston qualifying time by 2 minutes....

AFTER 40 Oh yes, our BEST FRIENDS are not done with their BIRTHDAY LISTS....Linda is running and training with a coach and will try again to qualify for Boston and yes Sarah was there for her in the wind and cold and snow at the Oshkosh Half Marathon, just to show love and support....

And in the next 3 years...their goals are quite simple:

The Oshkosh olympic tri this summer 2008

A half Ironman in 2009

And IRONMAN in 2010

But their love for their students and their love of our sport has lead the ladies on another course during this summer as they turn 41....Linda, a teacher who teaches teachers how to teach struggling 1st graders, and Sarah, who comes from a family of teachers and who has taught English as a second language ever since getting her degree from UWO, will start a special summer school program: **Training to be a Triathlete.** With the experience they have gained as TRI FOXES and from the knowldge base formed from our speakers and from the club as a whole, these 2 best buds will teach kids from 3rd to 5th grade, and from 6th to 8th grade how to become a triathlete! The Menasha School Distric gave them a grant and there will be articles sent out and on the forum section of our website as Linda and Sarah finalize things for the kids.

**SO COME WITH ME AND SHARE YOUR DREAMS
WE'LL SIT ON CLOUDS AND FLOAT DOWN STREAMS
LINDA AND SARAH BEST FRIENDS!**

