

Tri Fox Meeting 4/11/2010
Start:3:57pm

Alan opened the meeting and welcomed new attending members. The member number is approaching 1100. This is the last scheduled meeting of the off season 2010. A review of available gear was discussed as well as soon to be delivered gear at fleet feet.

Jackie Bushner will be leading the Green Bay rides again this season starting soon. Saturday am's leaving Pro fitness at 8am. Please send Jackie an email if you are interested in being included on the mailing list.

Jeff Propel was featured in Runners World pg74 They will be doing a future article about his contributions to the sport following his personal tragedy.

Cellcom Race is closed, however they make special room for fund raiser additions....
Door County is almost full....sign up soon.

Summer Valley ride starts Tuesday April 13,,meeting at world headquarters...aka Aurora Clinic on college and hwy 55..departing at 6pm with several grps.

Newbie rides start in a week...will have sag support

Linda Sara needs goodies for her goodie bags for the elementary tri's., Please contribute your old stuff. Call her she will pick up your stuff.

Speaker Active Release Therapy
Dr. Dennis King from Howards Chiropractic Clinic

His big take home: "Patient must have the Will to HEAL"
He combines deep tissue, with active release with range of motion

and proper motion. He works with alot of athlete's on chronic issues as well as tune-up work. This technique is applicable to all problems. He also does the Kniesiotape as well as traditional chiropractic work. He can be reached at the Howards Chiropractic Clinic.

Alan is looking for recommendations for upcoming speakers.

Cindy/Linda presented the "RACE" a 2.5 and 5.0 mile run on 5/28/10. It is a great intro race for upcoming season.

There is a flyer for the Firecracker 5k. On the 4th of July.
WE NEED PIES!!!!

Bake Pies now and freeze them.☺

"blackhawk is confirmed as well as UW Marching Band

Looking at other sites for Tri meetings as we are overgrown the YMCA. Suggestions???

Submitted. Lynne Dzuba 4/12/10