

December Tri Fox Christmas Party

A few announcements:

Brand New Water Bottles coming soon in colors of pink, red, blue, green and yellow.

Scott Rigsby will be our guest speaker at our Feb. 14th meeting. He is a double amputee and triathlon saved his life. There will be a short run before the meeting.

All agreed to donate \$1,000 towards putting up some mirrors at the YMCA spin room. YCMA allows us to have our meeting there, and use the bike room for our spin classes so this was agreed to be very fitting.

Amy Henning will again be doing the USAT challenge for 3 months. This is for all triathlon clubs in the US. Report your swim, bike, run hours to Amy.

Mad Dog and Merrill gave us some schooling on “Grilling for the Health of it”, as they made up awesome chicken breast, veggies and potatoes for the group.

Tons of Swag was given away