

Fox Cities Triathlon Club Minutes
January, 2009
YMCA

Fox Firecracker/Badger State 5K: July 4th, and it will be bigger and better! 716 Flyover, Fireworks, 2 Bands, 2 shirts, goody bag, and don't forget the apple pie! You can register on active.com after Feb. 1st. Fee is only \$20.00 until June 20th, then \$25.00, family up to 4 is only \$60.00.
Active Military Members are HALF PRICE!

HUGE Fox Towels: only \$22.50, order forms available.

Jennifer Hudson, Sports Nutritionis will be available to assess and consult with any interested Foxes. March 7 – 8th, 8:00am for 30 min. sessions. Stay tuned for more details.

Two more Fuzzy Fox awards were presented to two very deserving individuals who were not at the last meeting, Jannine Boldra, the “life saver fox” for rescuing a swimmer during a triathlon. Jannine thanks for showing us the true meaning of the Foxes! And a fuzzy also to Sean Ryan, a huge supporter and friend of our club. Thanks Sean for all you do for us to make our “Great Escape” just that!!

SISTER MADONNA BUDER, the almost 80 year old nun is blessing our club with her trip here to inspire all of us!! February 7-8th. Thanks to Alan, and the rest of our committee for your planning meetings on this! She will be speaking at Kaukauna High School on Sunday, February 8th, this is free and open to the public. She will be the Race Official at Gloria's Valentines run on Saturday, and later all are welcome to join her at UNO's for supper.

TRI 101: Sign up sheets went around to assist, or be part of Find A Fox, and mentor a newbie! Dates will be announced soon.

50% off on a Lactate Acid Annalysis if offered by Yourtrainingzone.com, January 31st at Gear N' Up Bike Shop!! Train in the right zone!

Guest Speaker; Our Jim Boldra! On: Winter Training!

Winter: A time to recoop, mentally recharge, and yes, you can keep up your fitness, even improve it!

CROSSTRAIN! Snow shoe, Ski, Ice skate. Low impact, and very good cardio!
SWIM Use this as a time to improve and refine your technique.
Look at what happened last year, what injuries you may have had and change things up, possibly revise your training schedule to correct it. Work on your flexibility, Yoga is excellent for this!

You can still bike and run, but cut back 60-70%, and you can keep your long base by snowshoeing or skiing.

**Steve Verboomen is running adult XC ski lessons. He will also rent out some equipment so you can give it a try, his e-mail is [HYPERLINK](mailto:sverboomen@kimberly.k12.wi.us)
"mailto:sverboomen@kimberly.k12.wi.us" sverboomen@kimberly.k12.wi.us**

Local Ski areas:

Smith Park, Menash It's on the island. Very flat. Groomed for both skating and classic. Beginners and quick interval work outs.

Bubolz nature center, Appleton. Classic only. Flat, woody.

**Memorial Park, combined Lock. Trails are located adjacent to the sledding hill. Can be accessed off of CTH K about ¾ mile N of CE. Almost all wooded, good hills and flats.
High Cliff and Cal. Co. Park.**

Thanks Jim for sharing your wealth of knowledge with us on winter training!

**Order Technical Gear Now!! We need minimums soon to order!
A free helmet and wetsuit were given to 2 lucky members**

TRI FOX MOVIE 2008 WAS ENJOYED BY ALL! There are copies available if you missed it. Thanks Ben and Kelly once again!!