

**Fox Cities Tri Club Meeting
Minutes 11/8/09**

Steve B from Running Company announced he has sold his store to Fleet Feet and introduced new owners Jeremy and Leigh Shapiro

Fuzzy Fox Award time is here. See web for updates.

Splash n Dash took place 10/10/09 and was a success. Plans are to move it up a few weeks in 2010 due to weather. All 15 competitors finished. 1st place winners were Jim Nightzel and Sue Schmalz. Longest swimmer winner was Kevin Schwanke

The Club may consider a group trip to the Chicago Triathlon in 2010

Reminder of the Cycle class (Fox Spin) at the Y is free of charge and will be 2 hours. See Web for updates on times/dates

Polar insulated water bottles will be available for Dec meeting. (\$ 12.⁰⁰) next meeting tentative date is 12/12/09

Amy Henning discussed USAT contest and encouraged members to sign up and track their hours of activity. We did well last year.

Noodleini will take place 11/29 and can sign up thru MSE or at Noodles and Company. Start will be West De Pere High School.

Dr. Gitter from Appleton Heart Institute and Dr. Geller with Affinity Health System presented /slide show which was followed by Q&A session . Main topics included:

Adaptability of the human heart, especially as it pertains to endurance training
Understanding risks and cause of sudden cardiac deaths among athletes