

FOX TRI CLUB MEETING
SUNDAY OCTOBER 3RD YMCA

The October meeting got underway with 990 current members in the Fox Tri. club!

Our guest speaker was Christine Steede, who was on the 2007 Biggest Loser Show. Christine shared her motivational story from getting on the show, threw her weight loss journey and how it has changed her life. Thanks Christine and welcome to the tri foxes, we look forward to your first triathlon journey.

SARAH & LINDA: These two ladies lead the kids triathlon group in the summer. If anyone has any goodies for the kids bags to donate such as gum, H2O bottles, GU, shirts, it would be appreciated.

Thanks to JACKIE & MARK for leading the spring/summer bike rides.

Swim Classes to start again with Curt B. Mike P. on Wednesday nights in Neenah, and Monday nights at Appleton N.

Advanced Physical Therapy will be available 1 hr. before meetings for any Foxes.

Congratulations to all IM WI competitors, and Sue Pierson, who completed her first IM won her age group!! Congrats.

Thanks to Drew, Dave, and Pete for Foxtober fest Splash N Dash.

An introduction to Adventure Racing was given with an opportunity for those interested in more information to sign up.