



2/10/2010

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BE MINE!

Happy Valentine's Day TRI
FOXES...what could be more perfect
than sharing your heart with your TRI
FOX friends on Sunday!



In addition to our very special guest, we will have a
LATE BREAKING AND SPECIAL announcement about
our 2010 TECHNICAL CLOTHES.

The design will not change (NEVER EVER!) but the
way we're going to order our clothes will be new and
streamlined....we think it will be great. Please come to
the meeting for details.

Gloria West and Midwest Sports Events is collecting
shoes and shirts for Haiti. Please bring your old or new
running shoes and t's to our meeting on Sunday.
Please make sure the shoes are tied together and the
shirts are clean. We will accept all sizes, kids and
adults. In turn, we will make sure our donation gets to
Gloria for shipment to Haiti.

Scott Rigsby

Come to the Appleton YMCA this Sunday, February 14th to meet Scott Rigsby,
the first double amputee to complete the Hawaiian Ironman Triathlon. We will
have a two-mile fun run beginning at 2:30 PM followed by our regular meeting at
3:30 PM (please note the earlier start time). You can purchase a signed copy of
Scott's book UnThinkable for \$20 at Sunday's meeting.

Scott lost his first leg at the age of 18 in a tragic auto accident. Twelve years later
Scott had his second leg removed. Scott began to work out with a personal
trainer who gave him the words that would soon become his motto. "Do what you
can, do the best you can, and don't ever quit."

Even though Scott began healing physically, emotionally he continued to struggle

for three more years. Christmas Eve 2005 he hit rock bottom and said "God, if you will open up a door for me, I will run through it!"

A few weeks later, while browsing in a bookstore, a magazine cover featuring a woman with a prosthetic leg caught Scott's eye. It was *Triathlete* magazine, and the woman on the cover was Sarah Reinertsen, a single amputee who had just completed the Ford Ironman World Championship triathlon in Hawaii. (SARAH WAS A GUEST OF THE TRI FOXES 3 SUMMERS AGO)

The next magazine to the right was *Men's Journal* which had an article about US Army Major David Rozelle, a soldier who had lost part of his right leg in Iraq. David had completed his rehabilitation and returned to active duty with his prosthetic leg. Wanting to inspire his fellow soldiers David was now training for triathlons.

"As I looked at the picture of David Rozelle and thought about all the soldiers who had fought for my freedom only to return home with broken futures, I realized, *This is what I'm supposed to do. I believe God wants me to do an Ironman competition.*"

Come to the Appleton YMCA this Sunday at 3:30 to find out how Scott Rigsby went from the realization that he wanted to become an Ironman in early 2006 to completing the Ford Ironman World Championship triathlon in Kailua-Kona, Hawaii on October 13, 2007.

Iron Ride for Strong Kids

Saturday, February 13, Appleton YMCA
Riding Opportunities from 6am to 12 noon



Check out the [YMCA website](#) for more information.

MS Saturday Spin

Join Team Fond du Lac Cyclery and the MS Wisconsin Chapter on Saturday February 20, for a day of spinning for a world free of Multiple Sclerosis.

The event begins at 10:00am at the Forest Mall Center Court in Fond du Lac, WI. Join us for part of or all of a 4-hour group spin.

Suggested minimum pledge is \$5.00 per hour.

Feel Free to bring your own bike and trainer to ride. Extra trainers will be available on a limited basis.

This is a fun annual event for a great cause. We would like to see a crowd of Tri Fox spinners this year!

For more information please see the post on the Fox Tri Club [Forum](#).

TRI 101



Triathlon 101 - Learn how to do your first triathlon.

Attend Tri 101 class at either:

Downtown YMCA, Appleton on Tuesday, February 23 at 6:30pm

OR

Aurora BayCare Orthopedic & Sports Medicine, Green Bay on Thursday
February 25 at 6:30 PM

For more information please visit the [website](#).

If you'd like to volunteer and help out with Tri 101 please contact [Dave Martin](#).

Thanks for reading the latest Tri Fox News.

This email address is not checked daily. Most articles include a contact person and/or an email address, so please use those if you have questions or comments instead of replying to this email.

Sincerely,

Fox Cities Triathlon Club

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