

**SUZY AND THE PACKERS!!! Feb 20th !** Inbox X[Print all](#)**Fox Cities Triathlon Club**[show details](#) 8:05 PM (1 hour ago)[Reply](#)**2/10/2011****IN THIS ISSUE**[Lambeau Meeting Schedule](#)[Suzy's Story](#)[Tri Fox Gear Sale](#)[Tubing](#)[Polar Plunge](#)[TRI 101](#)[New Facebook Page](#)[Team Hailey 5k](#)[More Events](#)

## Hey Tri Foxes,

Does it get any better than this?  
A World Class Athlete and the World  
Champion Green Bay Packers!!!



**SUZY FAVOR HAMILTON** will be the speaker at our

**Feb 20th meeting at LAMBEAU FIELD  
from 2-4pm!!!**

The Tri Foxes will gather in the Bart Starr room from 2-4pm AND we'll have access to a private skybox where we can view the field!

As we did a few years ago, we'll get a club photo in the stadium, too!

We have room for about 150 Tri Foxes so please get there early and claim your spot.

We'll have our new running shirts and winter caps at the meeting and a recap of the Tri Fox polar plunge!

(I have to add a comment...after speaking to Suzy a few times to get things in order for the meeting, I am enthralled by her personality, enthusiasm, and energy. She "gets" who we are as triathletes and I can't wait to hear her story....I just know we will be inspired.)

**BRING YOUR RUNNING GEAR ....SUZY and the TRI FOXES will run outside around Lambeau Field after the meeting...Suzy said "this will be the most fun you've ever had on a run!"....She can't wait!!  
Hey Tri Foxes, we're running with an Olympian...wear your colors (and that can be Tri Fox yellow or Packer green and gold)!!!**



**SCHEDULE for Meeting at Lambeau Field on Feb. 20:  
Get to Lambeau by 1:30pm.**

**Go to the 4th floor of the atrium where we will have a meet and greet with Suzy in a SKYBOX from 1:30-2pm.**

**At exactly 2:00pm we will be escorted outside into the stadium bowl where we will gather for a club photo (wear your TRI FOX gear).**

**Then we will run back into the BART STARR room for our wonderful afternoon event...meeting and speech from 2-4pm.**

**At 4pm: RUN WITH SUZY outside at Lambeau!!!  
plan to stay with friends afterwards for dinner at Curly's Pub!**



### **About Suzy:**

**U.S. Olympian - 3  
U.S. National Championships - 7  
Former U.S. Record Holder at 1000m  
Former U.S. Indoor Record Holder at 800m  
Goodwill Games Bronze Medalist, '98**

**Suzy's story focuses not on the predictable, "look how great I am" aspects we hear so often from professional athletes, but on the greatest disappointment of her storied athletic career. The story picks up at the 2000 Sydney Olympics where, leading the entire race and coming in as the favorite to win gold, 100 meters from the finish, Suzy realizes her dream is not going to be. Instead of facing the fact that she will have to finish without a medal, she consciously chooses to fall before the finish. It's an easy escape from the pain. In a nutshell, Suzy succumbs to the overwhelming pressure to succeed for her family (who were dealing with the recent suicide of Suzy's brother), her sponsors, and her country.**

**The next several years of Suzy's career saw tremendous success on the track, but she was always haunted by the experience in Sydney, to the point where she became deeply depressed. Running was her drug and the only way to experience some form of normalcy in her life. In 2005, forced to retire from competition due to the many injuries which had taken their toll, Suzy found herself at her darkest point and realized she had to get help. Suzy's message poignantly describes her journey out of the darkness and the important lessons she learned along the way. It goes beyond the public image to better understand the more human side as well as the stress and challenges of her success. The story has universal appeal to anyone who has ever struggled to find a balance between the expectation of others and the qualities of a life worth living. The final message is one of passion, hope and happiness.**

**Celebrate Suzy (Favor) Sale!!!!**

WHEN: Feb 20<sup>th</sup>

WHERE: Green Bay Tri Fox Meeting

WHAT: **All** Winter Tri Fox Clothing

**\$5 off when you buy 2 of these items:**

**New Winter Beanies \$20**

\*Complete with Embroidered TriFox Logo



### WINTER BEANIE

"Of all the helmet liners I've tried over the years, SweatVac Winter Beanie and Winter Stubby come closest to perfection." - Fred Matheny, RoadBikeRider.com



- One piece burly 15 oz. DriSmart shell with twin layer, double wide UltraVac Liner.
- Certified 40+ UPF Sun Protection.
- 100% machine washable.
- Fast-drying DriSmart™ shell keeps you warm, dry, and comfortable.
- Double wide Interior sweatband is designed to stay dry next to your skin and channel sweat to the outside.



**The Best Winter Hat You'll Ever Own.**



**Long-Sleeve Technical Shirts \$20**

**Long-sleeve Cotton T-shirts \$20**

**Hooded Sweatshirts \$40**

**Crewneck Sweatshirts \$35**

**February Family Friendly Foxy Function... TUBING!!!**

## Saturday February 12 2-4pm Calumet County Park

The weather is going to be perfect for a little tubing and a whole lot of TriFox family fun! Join us for a afternoon of slip sliding bumping fun at Calumet County Park on the beautiful east shore of Lake Winnebago.

Calumet County Park hosts a great tubing hill complete with a rope tow, warming house, tube rentals, and a beautiful park setting. Hill passes cost \$3 and tube rentals cost \$2.

Join us February 12 from 2-4. Afterward, we will convene at The Outpost in Sherwood for much needed calories and refreshments. The Outpost is very family friendly and laid back!

More details on the TriFox Forum: <http://foxtriclub.websitetoolbox.com/post?id=5074157>

## Special Olympics Polar Plunge with your TriFox Friends

### February 19<sup>th</sup> Menominee Park, Oshkosh...

If you've been sitting around this winter wondering what to do with your free time, then your wait is over. **Take the Plunge** with Fox Cities Tri Club team in the Special Olympics Polar Plunge on February 19<sup>th</sup> at Menominee Park, Oshkosh! Here's the scoop: Go to the following website and register for the "Oshkosh Plunge." During the registration process, make sure you join the "Fox Cities Tri Club" team. Each participant is required to raise a minimum of \$75 before plunging. We hand in the money we've raised the day of the event, we get our long sleeve T-shirts, and then we wander down to the hole to show the world what a team of spandex clad folks look like jumping into the water.

**Oshkosh Polar Plunge Site:** [http://www.specialolympicswisconsin.org/polar\\_plunge.asp](http://www.specialolympicswisconsin.org/polar_plunge.asp)

**Newsflash... Gloria West is offering a \$5.00 race credit with Midwest Sports Events to all Plungers on the TriFox team!**

For many of you, this is one of those "bucket list" things, and now is your chance to do it with some of your Tri Fox peers at your side for encouragement! This is really a win/win situation for all involved. If you're on the edge about doing this, please sign up, it's going to be fun!

More details on the TriFox Forum: <http://foxtriclub.websitetoolbox.com/post?id=5058855>

## TRI101 is TWO WEEKS AWAY!



**Do you know someone interested in TRIATHLON?** Bring them out to our annual TRI101 classroom event to give this awesome sport a "TRI"! This year, TRI101 classroom events are...

**Tuesday February 22 - Oshkosh - 20<sup>th</sup> Ave YMCA - Multipurpose Room - 6:30pm**

**Wednesday February 23 - Appleton - Downtown YMCA - Harwood Room - 6:30pm**

**Thursday February 24 - Green Bay - Aurora Bay Care Sports Medicine - 6:30pm**

**More Details on the TriFox Forum:** <http://foxtriclub.websitetoolbox.com/post?id=5046617>

## FACEBOOK! - New Improved TriFox Club Location

**WE MOVED!** To better serve our membership on Facebook, we are migrating our members to a new improved Facebook page. The new page is better set up to serve us as a club and will have more dynamic features to interact with our members and keep everyone updated on all TriFox events.

**Check us out at:** <http://www.facebook.com/?ref=logo#!/pages/Fox-Cities-Triathlon-Club/152417458147364>

**Don't forget to "LIKE" the club to participate on the new page and receive announcements, news, and club updates.**

## 4th Annual Team Hailey 5K Run/Walk For A Cure

**Saturday, April 16 8:30 AM**  
**Germania Hall, 320 Chute St. Menasha, WI**

5-yr-old Hailey Meltz of Appleton, WI is battling an incurable brain tumor called PLGA. All proceeds from this event will go to research through the PLGA Foundation to find kinder, gentler treatments and hopefully a cure for Hailey and the thousands of children like her.

The course begins at Germania Hall, runs through downtown Menasha and connects to the panoramic Friendship Trestle Trail Bridge over Little Lake Butte des Morts and back.

The Run/Walk starts at 8:30 am and registrations will be accepted from 7:00- 8:15 am that day. T-shirts, goodie bags and post race refreshments included in registration fee. Adults (13 and older) \$20 by 4/5, \$25 after; Children \$11 by 4/5, \$13 after. If possible, please collect pledges from people who will sponsor you to run or walk and bring them on the day of the event. For each \$100 raised, your name will be entered into a drawing for great prizes. Please, no dogs, bikes, skateboard, scooters or roller blades.

Awards: medals to top male/female finishers overall. First place male/female in all age groups will also receive medals, 2nd and 3rd place will receive certificates.

For more information or to download a registration form, go to [www.teamhailey.org](http://www.teamhailey.org) or contact Peg Meltz at [pmeltz@new.rr.com](mailto:pmeltz@new.rr.com)  
For online registration: [www.teamhailey5krun.org](http://www.teamhailey5krun.org)

## **ADDITIONAL EVENTS TO HEAT UP YOUR WINTER...**

### **02/11 - Ski-A-Little Ski Event - Bubolz Nature Preserve**

Come to Bubolz Nature Preserve Friday night from 6pm-8:30pm for a night of skiing, snowshoeing, and fun to benefit the Littlest Tumor Foundation. Luminaries will light your way on the trails and a bonfire, hot cocoa, and fun await you when you finish. Trail fees will be waived in lieu of a donation to the Littlest Tumor Foundation.

### **02/12 - Seroogy's Valentine's Day Run & Walk**

Join Midwest Sports Events in downtown De Pere at 8am for the 8<sup>th</sup> Annual Seroogy's Valentine's Day Run/Walk. 5K and 15K courses.

Details at: <http://www.midwestsportsevents.com/valentinerunwalk.html>

### **2/19 - IronRide for Strong Kids - Downtown Appleton Y**

Support the Appleton YMCA Strong Kids campaign by joining in a 6 hour indoor ride. From 6am-noon, riders are invited to ride 1-6 hours. Suggested donation of \$10/hour to the Strong Kids Scholarship Fund. Contact the Downtown Appleton YMCA for more information and to register in advance to participate in this signature event.

### **2/19 - MS Saturday Spin - Forest Mall Fond du Lac**

Support the MS Wisconsin Chapter on 2/19 for a day of spinning. Event is 10am-4pm at the Forest Mall Center Court in Fond du Lac. Join in part of all of the 4-hour group spin. Suggested minimum pledge/donation is \$5.00 per hour. Bring your own bike and trainer to ride. Extra trainers available on a limited basis.

**Join us in these events... everyone is welcome and every event is inclusive of members, family, and friends. Join the momentum!**

Thanks for reading the latest Tri Fox News.

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have questions or comments instead of replying to this email.

Sincerely,  
Fox Cities Triathlon Club

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