

Fox Cities Triathlon Club

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MORE NUTRITION TIPS!

Come hear STEVE BORN on Feb 19th at 7pm. Wheel and Sprocket in Appleton (3939 W. College Ave)

- make fueling your strongest ally
- take the guesswork out of proper fueling
- fuel in cooperation with your body and reap the rewards

LOTS OF HAMMER PRODUCTS to be given away. Steve is the Senior Technical Advisor for HammerNutrition.

Please attend and learn 15 ways of PROPER FUELING for the ENDURANCE ATHLETE.

Strength, Balance & Flexibility Clinic

If you are looking to improve your running performance, reduce your susceptibility to injury, and create better overall fitness then you need to add activities to your running schedule that enhance strength, balance, and flexibility. To help you get started or further develop an existing program, the Fox Valley Running Co. is hosting a free clinic with physical therapist Kari Sturtevant, owner of Peak Performance Physical Therapy & Sports Medicine, on Wednesday, February 25th at 7:00 p.m.

Kari, an avid runner herself, and several of her team will demonstrate a variety of fun and challenging exercises that you can do which will enhance your capabilities as a runner or fitness walker. In addition, there will be an extensive question and answer session where you can address issues specific to your individual needs.

Because of the limited amount of space we are requesting if you are interested please RSVP to info@foxvalleyrunningcompany.com.

Strength, Balance & Flexibility Clinic
FOX VALLEY RUNNING CO.
Wednesday, February 25, 2009
7:00 p.m.

Endurance Nutrition: Start the Season with A Solid Base

Kick off your season with this up- to- date, interactive 1.5-hour workshop that covers:

Current trends and guidelines for proteins, carbohydrates and fats
Review of triathlon training nutrition guidelines: Sprint to Ironman
Address questions related to what, when and how much to eat or drink, before during and after training.

Jennifer has only 2 spots left available for personal consultation..4pm and 4:30pm on March 7th...all other appointments on the 7th and 8th have been filled...email right away.. acherkasky@new.rr.com (\$35 per 1/2 hour)

Tri Fox Spin



The next Friday night Tri Fox Spin session is February 20th from 6-8pm at the Appleton YMCA. Please email Jan at the Y to reserve your bike!

jheifner@ymcafoxcities.org

Tri 101

Tri 101 is one of the club's biggest community outreach programs every year. This year's class will be held at the downtown Appleton YMCA on Tuesday, March 3 from 7-9, and it will be repeated at Rasmussen College in Green Bay on Thursday March 5th from 6:30-8:30.

Invite your newbie friends - come yourself - or bring an unsuspecting neighbor! Attendees at both sites will learn how to swim, bike, and run their way to their first triathlon and have a chance to sign up for swim sessions and 1:1 mentoring.

Running 101

Know someone who is interested in running but doesn't know where to start? Or are you looking to refresh your base knowledge of the sport of running? Then come join PaceSetters for one of our Running 101 classes being held from 10 a.m. to 12 p.m. on Saturday, February 21, and from 1-3 p.m. on Saturday, March 7.

The class will cover the following topics:

- Goals, Attitude, and Preparation
- Becoming Active-Getting a doctor's approval and common ailments to expect
- Time Management-Choosing the right schedule and tracking
- If the Shoe Fits-Buying the right shoes and clothing
- Resources-Books, magazines, and websites that can assist your training
- Having Fun-Social aspects of PaceSetters activities and road races

Classes will be held in the Harwood Room at the downtown Appleton YMCA. The class is free, but seating is limited, so registration is required. For any

questions or to register, contact Chad@PaceSettersRun.org.

APRIL MEETING.

We will have our April meeting at TitleTown Brewery in Green Bay...Dwight Sandvald, TRI COACH and GREAT speaker will be our special guest.

Dwight has spoken to the club in the past and his presentations are ALWAYS excellent and full of useful info...last time he taught us how to properly run UP the High Cliff Hill (it helped a lot on race day!!)..time and details upcoming.

Thanks for reading the latest Tri Fox News.

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Sincerely,
Fox Cities Triathlon Club

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