

Fox Cities Triathlon Club

[show details](#) Mar 15 (10 days ago)

[Reply](#)



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IN THIS ISSUE

[Fox Gear](#)

[Sole Burner](#)

[Oshkosh Cyclery and Fitness](#)

SPECIAL ANNOUNCEMENT

Our Technical Gear will be ordered this Friday, March 19th. Jerseys, jackets, arm and leg warmers, tri tops and bottoms, bike shorts, and tri suits.

If you want to try on a specific item, we have sample sizes at Fleet Feet in Appleton.

If you place your order by Friday, you will be guaranteed that article. In addition, we will be placing a "general order" so there will be more gear coming but we cannot guarantee that we will have your size. The best thing to do is to go to Fleet Feet this week and place your order.

Their website is <http://www.fleetfeetfoxvalley.com/about-us>

In addition, we have an order of 120 pairs of FOX SOX due to arrive in 2 weeks. They will be at World Headquarters where all the non-technical gear such as T's and Sweats will be available (Aurora Clinic in Kaukauna 766-3232).

Thanks very very much to Leah and Jeremy Schapiro, the owners of Fleet Feet. They have become great "Friends of the TRI FOXES" and this new way to order and buy our technical gear will hopefully make things EZ SCHMEEZE.

Sole Burner

Pete Emerson is proud to announce that he will again be the team captain for The Fox Cities Triathlon Club at this year's Sole Burner 5K. The event is a fund raiser for the American Cancer Society, and will be held May 8th. The Fox Cities Triathlon Club has a tradition of having a very diverse team. Kids, adults, beginners and seasoned runners (one of our members has won the race in past years) always make up our team. For our youngest members, a kids "fun run" will

be held prior to the 5K.

The Fox Cities Triathlon Club and the American Cancer Society have many things in common. For example, we both save lives. The Fox Cities Triathlon Club, especially with its outreach programs and community involvement, promotes healthy life styles. The American Cancer Society estimates that over 33% of cancers would never happen if people adopted the lifestyles of triathletes (lots of exercise, eating healthy, no smoking).

Registration is now available on line for the run/walk. Just go to www.soleburner.org to sign up. Be sure to join the FCTC team. If you register for the team by **March 30th**, you will get a t-shirt with the FCTC logo on the back. Due to processing time, registrations after March 30th will still receive a t-shirt, but it will not have the logo.

We hope you are able to join us on May 8th.

For further information, contact Pete Emerson: pete@emersonmusical.com
920-968-1056

Oshkosh Cyclery and Fitness

will be hosting the 2nd annual Tri Night on Monday, March 22nd, from 6pm to 9pm. Tim Petrie will be sharing his ideas and tips about the sport of Triathlons.

Some topics that will be covered:

- Triathlon Culture
- Training time needed and available
- Goals in the sport
- Longevity
- Equipment Needed
- Clothing
- Swim
- Bike
- Run
- Extras
- Technology
- Transitions
- What to expect at a race
- What not to do
- Great beginner race
- Questions and Closure

If you have a couple of Tri's under your belt or are just thinking about trying the sport, this meeting will be very informative and helpful. You will pick up some valuable training tips and some nutrition ideas. Last year Tim was suppose to be here for 2 hours but once the question session started it ended up lasting for 4 hours. Tim is so happy to help others improve.

Tim Petrie Lives for the sport of Triathlons. Tim did his first Tri in 2001 and has

done 125 races since and is as passionate about the sport as ever. Tim is currently a student at UW-Oshkosh studying to be a Physical Education teacher and truly values promoting lifelong fitness and health. Tim's schooling and experience as an athlete has taught him how powerful the mind and body can be working together. The sport of triathlon is great for both, and Tim looks forward to expressing his passion about triathlons and how you can be happy while training and racing for years to come.

Healthy snacks and water will be provided.

See you at OSHKOSH CYCLERY & FITNESS , March 22, 2010. 6pm to 9pm

1030 W. 20th Ave. 920-231-2211

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Sincerely,
Fox Cities Triathlon Club

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