

Pies, Volunteers and More

1 message

Fox Cities Triathlon Club <foxtriclub@gmail.com>

Thu, Jun 3, 2010 at 5:15 PM

Reply-To: foxtriclub@gmail.com

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6/3/2010

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PIES VOLUNTEERS BUCKY PIES TROMBONES HELP DRUMS FIRECRACKERS PIES



What do all these things have in common? They're all the things you'll see on the 4th of July! We will have a FANTastic FIRECRACKER this year!

We need your help....please bake an apple pie or 2 and please volunteer your services for our event...we need help on July 3rd and on the 4th. See the next two sections for more information on who to contact about pies and general volunteering.

Special this year, we'll have packet pick-up on the 3rd with a hamburger cook-out and a rock band...not to mention a RACE EXPO!!!!

The expo and packet pick-up on the 3rd goes from 1-6. The cook-out and band will be going on from 1-3. All athletes who pick up their bib from 1-3 will get a "coupon" for a free meal from the cook-out. Friends and family are welcome to purchase food and hang out and listen to the band and enjoy the expo.

PLEASE REGISTER FOR THE FIRECRACKER TODAY....tell your friends and family and neighbors, too! Early registration helps us a lot!

We Need Your Apple Pies for the 5K

What is the 4th of July and the Fox Firecracker without our Home Made Apple Pies!! Everyone Loves them!!

Calling all bakers, or wanna be bakers to dig out your apple pie recipes!! We served over 100 pies last year to the 1,000 participants! 80 of those were home made by our Foxes, the rest we needed to purchase.

This year we would like to serve up 100 Home Made Pies, and trust us when we tell you people love them! We have over 1,000 Foxes, so 100 pies should not be a problem.

Send your e-mail to Lisa at prochallenge7@yahoo.com and let her know how many pies you can make. Slice them up, and you can drop them off on the 3rd during registration. We will have a large refrigerator there to store them, or you can bring them the morning of the race.



We appreciate all your efforts!

Volunteers for the Firecracker

We need volunteers for the Firecracker!
Please email Mike Wickstrom if you are able to help with any of these positions.

July 3

Finish line and tent set up/Parking - 4 people with Mike Schmidt leading the charge.

Sort Bibs and Shirts - 5 people

Packet pick up (two shifts) - 4 to 6 people per shift.

July 4

Registration/Packet Pick up - 15 people

Data Entry for race timing - 2 people

Hand out flags at finish - 6 people

Corner assignments - 17 people

Kids race - 4 people

Finish Line Chip collection - 8 people

Again, you can contact Mike Wickstrom, michaelwickstrom@yahoo.com, if you are able to volunteer.

home phone: 202-3512

cell phone: 851-5513



Fox Firecracker 5K Training Runs!

Brought to you by Fleet Feet Sports Fox Valley and Adidas

Join Fleet Feet Sports and Tri Fox Club representatives for training runs on the three Wednesdays leading up to the 2010 Fox Firecracker 5K. Learn the route, preview the hills, fire up those running/walking legs!



Where: Meet at the Kaukauna Public Library, 111 Main Avenue, Kaukauna, Wisconsin 54130

When: 6:00 PM on Wednesdays-June 16, June 23, and June 30

What: Come out and preview of the Fox Firecracker 5K route!

Free Shirt: Join us two out of three Wednesdays and receive a free technical short-sleeve t from Adidas (a \$35 value).

Free Shoes: Walk/run part or all of the route and get entered to win a free pair of Adidas shoes every time you join us (run all three Wednesdays, you'll be entered into the raffle three times).

Free Service: Free parking at the library. Water (at the start/finish) and route maps will be provided.

There is no cost associated with this program. All paces welcome!



NEWBIE HIGH CLIFF SWIMS:

The dates are set for our annual pre-High Cliff swims....please plan to be there if you are a newbie or want more experience...and we would love all experienced TRI FOXES to come help and share your knowledge....and don't forget the SWIM GAUNTLET---always fun!



You will need either an annual state park vehicle pass or you can purchase a daily pass for \$7.

Thursday at 6pm on June 10th and June 17th at High Cliff State Park!!! Weather permitting. We meet at the swim start...Peter Victor will host a "transition demo" afterwards.

TECHNICAL CLOTHES!!!

We received word from Louis Garneau that our clothing order is being sewn and we can expect shipment on or BEFORE June 11th...that means that everyone will have their gear BEFORE High Cliff.

The clothes will be shipped to Fleet Feet Sports in Appleton and it will take a day or 2 to sort everything out. Look for flares in the sky announcing when you can pick it all up. Don't forget, we will have extra technical clothing in case you didn't order or you want extra pieces. We'll have jerseys and shorts and tri tops and bottoms, jackets, arm and leg warmers and more!!!

Once the clothing is inventoried and ready, DONT DELAY.

Volunteers Needed for High Cliff Triathlon

Volunteers are needed for the 2010 High Cliff Triathlon. Here are the positions we need to fill:

Friday, June 18 -

Registration (Lake Park Swim & Fitness)

noon - 3 p.m.

3 - 6 p.m.

6 - 8:30 p.m.

Saturday, June 19

Registration: 5:30 - 6:45 a.m.

Chip Pick-Up: 5:30 - 6:45 a.m.

Body Marking: 5:30 - 6:45 a.m.

Transition Water Station

7 - 9 a.m.

9 - 12:30 a.m.

Finish Line: 7 - 1:30 p.m.

Food Tent: 7 - 1:30 p.m.

If you are able to volunteer please fill out the [volunteer form](#) on the Midwest Sports Events website.

GREEN BAY TRIATHLON KICKS OFF THE TRIATHLON SEASON!

A 5K/10K Run/Walk for Cancer will be held in conjunction with the Green Bay Triathlon on Sunday, June 6th starting at 7:00 a.m. To register or for more information, visit: midwestsportsevents.com or call 800-429-8044. All members of the Fox Cities Triathlon Club will receive a \$5 discount off the registration fee.

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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