



6/8/2009

IN THIS ISSUE

[Hi Tri Foxes](#)

[Volunteers](#)

[Firecracker](#)

[High Cliff Swim and Bike Practice](#)

[High Cliff Club Picture](#)

June 8th... we've only just begun!

Congratulations to all of those who endured the cold and rain and wind at the Green Bay Triathlon... what doesn't kill you only makes you stronger!!

Bike LAWS

We want to remind everyone to please follow all traffic laws. We had an incident on a Tuesday night ride which prompted this note. A resident near the end of Harwood Road stopped one of our members and reamed him a new one because of her perception that our group was not safe and not obeying the law. On the way back from High Cliff a group of us stopped to talk to her about her concerns, real or imagined, but she had NO interest in listening to us....only in making a complaint to the Calumet County police. We aren't even sure if she really called the police or was trying to get us off "her road." She was NOT very pleasant.

This is the link to the State of Wisconsin's rules:

<http://www.dot.wisconsin.gov/safety/vehicle/bicycle/rules.htm>

VOLUNTEERS NEEDED FOR HIGH CLIFF

45 Trifox volunteers desperately needed for the High Cliff Triathlon!! Openings for set up and registration start as early as Wed. June 17.

Contact Linda/Sarah at tlkuhaupt@hotmail.com to volunteer your time to the club and sport we all love.

FOX FIRECRACKER BADGER STATE GAMES

The 5k walk/run is fast approaching.... kinda like the BLACKHAWK helicopters that will come screaming down the bridge to start the race.

Sign up NOW before the June 20th deadline to guarantee a COOL and COLORFUL t-shirt and to also be able to take part in the BADGER STATE GAMES Athlete village and festival. Check out the [FIRECRACKER website](#) page for more details. If you can help bake apple pies for this festive event please email Kelly at kjansen9@new.rr.com.

Volunteer Needs for the FIRECRACKER

July 3rd

11-1pm help organize registration materials

Afternoon---help set up finish line

3-5:30 help with packet pickup

5:30-8 help with packet pickup

July 4th

6-7:30 help with on day registration

parking patrol

during the race...corner volunteers along course

We also need someone to be FUZZY for the kids race and during the rest of the event.

If you would like to help volunteer for any of the above or more please email Mike at michealwickstrom@yahoo.com.

Hope to see you all there!

HIGH CLIFF SWIM AND BIKE PRACTICE

This Thursday, June 11th at 6pm (and again on June 18th) we will have our first of two swim practices..this is a great chance to get the feel of an open water swim and to check out the High Cliff swim course. Meet at the parking lot as you come into the park (we will start the bike ride here, too).

We will set up a "gauntlet" so newbies can experience the thrill of other TRI FOXES touching them as they swim... this is a lot of fun for everyone (don't worry it is not scary).



We would love ALL FOXES to show up..this is great for newbies and recent newbies and we need as many experienced FOXES as we can get to help out.

The initial weather forecast shows NO RAIN or FUNNEL CLOUDS! But please remember to check our website "newscrawl" in case of any late changes.... if an event has to be canceled, the website will have the "official" notification at least 2 hours before it is scheduled to start.

On Saturday, June 13th we will ride the HC courses. 8am sharp... meet at the parking lot just inside the park near the swim beach. There will be a group on the long course and one on the short course. For those newbies, we will have experienced FOXES who will help you, but you must be prepared to do the entire course...have your fluids and fuel with you, have your bike in great and safe condition, and don't forget your helmet....

no helmet means no ride!

ALWAYS WEAR OUR COLORS!!

HIGH CLIFF CLUB PICTURE

Be sure to be at the transition exit near the swim start at 6:30am SHARP on race morning.

DOOR COUNTY TRI PRE-RACE SWIMS, RIDES and RUNS

Saturday, June 27, 2009 at 9 am

Meet at Frank Murphy Park, Egg Harbor

Sponsored by [In Competition](#) in Green Bay

We will start riding as a group and split up naturally by our riding speed. We'll ride the Half Iron bike course, take a quick transition and run 6 miles on the run course. Follow up the day with a cool down swim or dip. Pack a lunch and we'll have a picnic in the park. Self-supported event. For more information, call (920) 465-1510.

Sunday, July 5, 2009 at 7 am

7:15 meet at Frank Murphy Park, Egg Harbor

7:30 swim for about 45 minutes

8:15-8:30 leave to ride the Half-Ironman course

Sponsored by Brian McWilliams, USAT trainer

Individual swim followed by group ride and run of the Half Iron course. For more information, call (920) 288-5477 or email brian@mcwilliamstraining.com

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Sincerely,

Fox Cities Triathlon Club

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