



Fox Tri Club &lt;foxtriclub@gmail.com&gt;

## December Meeting and More (again)

1 message

Fox Cities Triathlon Club &lt;foxtriclub@gmail.com&gt;

Wed, Dec 8, 2010 at 5:00 PM

Reply-To: foxtriclub@gmail.com

To: foxtriclub@gmail.com



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### NOTE:

We're sending this email again, because we got word that not everybody got the first sending last night. Not sure what happened.....but we're trying again.

We've also added a little more info about the meeting on the 19th...see below.



### DECEMBER MEETING.

HAPPY CHANUKAH AND MERRY CHRISTMAS

Our annual December party and FUZZY FOX AWARDS CEREMONY will be held at the Appleton Y at 4pm on Dec 19th.

We are going to have an inspirational speaker and lots of fun with our awards ceremony.

Roy Pirrung will be speaking on the subject of "Staying Motivated For The Long Run."

You can check out his website at <http://www.roypirrung.com/>

We'll have free TRI FOX car stickers for EVERYONE

and we're in the process of getting great SHWAG (cool free stuff) from many of our TRI FOX friends. We already have 2 wetsuits to give away but there will be so much more! Don't eat too much before because we'll have pizza and cookies!!

This meeting has always been one of the highlights of the years...we hope to see you there.

## **FUZZY FOX AWARDS**

Christmas is coming,  
Chanukah is here,  
Nominate a Tri Fox for their work oh so dear.

Some worked days,  
Some stayed up nights,  
And everyone who partipated in the Firecracker danced in delight.

Now is the time to nominate Foxes for Fuzzies!

Send your lists of those members so great,  
So in their honor we may celebrate!

Top foxes and fuzzies for good girls and fine boys,  
Awards will be given as we cheer from our joys!

\*\*\*\*\*

The December meeting is just around the corner and I would like to call among all our fine members to send in nominations for the honorable 2010 Fuzzy Fox and Top Fox awards.

Fuzzy Foxes and Top Fox awards are given to those members who put forth something special to improve our club, the joy of multisport, and healthy attitudes among our communities!

Tell us about your special fox!

Email to: [foxtriclub@gmail.com](mailto:foxtriclub@gmail.com) TODAY!

## **SPIN AND 'ZA**

On December 10th from 6-8pm, Don Keddell will lead the first indoor TRI FOX spin of the winter at the Appleton Y....please email him at [Don.Keddell@yahoo.com](mailto:Don.Keddell@yahoo.com) in order to reserve your bike for his most excellent class...oh, and the plan is to go for "ZA afterwards (that's "Don talk" for pizZA).



## USAT National Challenge Competition

The USAT National Challenge Competition is back..After a great showing last year and a 3rd place finish in the country it's time to show our fox spirit and training again. For those of you who aren't familiar with the challenge. It's the simplest event you will ever compete in. All you have to do is keep track of how many miles you train each month. The challenge will take place December through February so keep track of those miles now.

Anyone interested in participating in the challenge contact Amy Henning at: [trifoxamy@gmail.com](mailto:trifoxamy@gmail.com)

## Fleet Feet Sports Fox Valley - Fox Tri Club Appreciation Day

To celebrate this holiday season, and all your fitness accomplishments in 2010, Fleet Feet Sports Fox Valley is offering you a shopping event in the store that they are referring to as

### Fox Tri Club Appreciation Day

Friday December 17th bring in a copy of the [flyer from the website](#) for:

- 30% OFF all non-sale items in the store\*
- An additional 10% OFF sale apparel and shoes

\*Electronics not included. Tri Club apparel also not included - it's already priced at cost, but it is available

## Registration for the Midwest Sports Events 2011 Multi-Sports Events - NOW OPEN!!

**Register early and take advantage of the Early Bird Discount Rates:**

Paper Discovery Duathlon - Riverside Park, Neenah, WI

Sunday, May 1

Adult: \$35

Relay: \$20/each

Green Bay Sprint Triathlon - Ashwaubomay Park, Green Bay, WI

Sunday, June 5

Adult: \$35

Relay: \$25/each

Kids': \$15

High Cliff Half Iron & Sprint Triathlon - High Cliff State Park, Sherwood, WI

Saturday, June 18  
Sprint: \$40  
Sprint Relay: \$25/each  
Half: \$85  
Half Relay: \$40/each

Pewaukee Triathlon - Pewaukee, WI  
Saturday, July 10  
Adult: \$50  
Relay: \$30/each  
Kids': \$15

Chisago Lakes Half Iron & Sprint Triathlon - Paradise Park, Chisago City, MN  
Sunday, July 24  
Sprint: \$40  
Sprint Relay: \$25/each  
Half: \$85  
Half Relay: \$40/each

Oshkosh Olympic & Sprint Triathlon - Lake Winneconne Park, Winneconne, WI  
Sunday, August 7  
Sprint: \$35  
Sprint Relay: \$20/each  
Olympic: \$50  
Olympic Relay: \$25/each

Race the Lake - 90 mile bike race around Lake Winnebago  
Sunday, August 21  
Individual/Recumbent: \$50  
Relay or Tandem: \$35/each

Dousman Duathlon - Cory Park, Dousman, WI  
Sunday, September 18  
Individual: \$35  
Relay: \$25/each

Green Bay Duathlon - Lambeau Field Parking Lot, Green Bay, WI  
Sunday, October 2 (TENTATIVE)  
Individual: \$35  
Relay (13 & up): \$25/each  
Relay (12 & under): \$15/each

**\*\*Rates go up after February 18\*\***

To register, please call 800-429-8044 or [active.com](http://active.com). For more information, please visit our website, [www.midwestsportsevents.com](http://www.midwestsportsevents.com)

## **XTERRA WETSUIT APPRECIATION SALE**

Thank you for a wonderful 2010 season! To show our appreciation, XTERRA WETSUITS would like to extend to your club further discounts on our Vortex 3 wetsuit until December 31, 2010.

The Vortex 3 will be discounted down to the following prices, and include FREE SHIPPING to the continental United States. There will also be NO sales tax, except for CA residents.

Vortex 3 Sleeveless John - \$99 (reg. \$300)

Vortex 3 Fullsuit- \$149 (reg. \$400)

Make sure you use the team code C-FOXES when placing an order. Purchases can be made online at [www.XTERRAWETSUITS.com](http://www.XTERRAWETSUITS.com)

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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