

**Jumping out of a perfectly good airplane???...  
crazy!!!...  
who would do such a thing???...**

How about a TRI FOX who has overcome a lot of adversity, one who has risen above childhood trauma, and one who has kept her sense of purpose along with her great sense of humor! We have just the right FOX...**Amy Henning**, our featured FOX of the week...an adventurous, hard working, fun loving and compassionate woman! Amy didn't have such a great childhood, enduring situations that no young child should face....some people would fold and live a life of despair, but Amy "overcame" and now is a Licensed Professional Counselor, holding a Master's degree, and specializing in working with children and families, helping them to live a full life where they can do and be anything they want. Amy's dream is to open her own practice in the Appleton area and provide a safe haven from abuse that allows families to make better lives for themselves.

It is safe to say, that Amy's "life experiences" have shaped who she is today...let's take a closer look! Growing up on a dairy farm near Madison has certainly been the footprint for Amy's work ethic....this is what she accomplished in just her first year of competition: The Green Bay Marathon, Grandma's Marathon, her first ever triathlon at High Cliff, her first Olympic distance tri at Oshkosh, and now she is the coordinator for our club's involvement with USA TRIATHLON'S club competition. The triathlon is probably not as hard as rounding all of us up to report our "miles" to her!! And it seems Amy doesn't just take the easy way to the finish line...at High Cliff she took 3rd in her division (see her smiling face holding a big silver platter on our DVD)....not too shabby considering that she borrowed an old mountain bike found on a police patrol and also considering that she "ran the swim"... and how about her 2nd place finish at Oshkosh in spite of wiping out in MILE ONE...and finding out afterwards that her brakes rubbed the whole rest of the way!! (kinda like Lance and his brake issue going up the Alps!)...any maybe it was her "near drowning" episode while white water rafting in Colorado that made her face and overcome her fear of the water enter our sport, and be successful. But brakes and swimming are the least of obstacles "overcome"...Amy has endured severe knee problems, avoiding surgery by her diligence in strength training...and not being able to get out of bed due to anemia, and if those aren't enough, how about losing some of her vision from Toxoplasmosis? But Amy has kept the proper perspective.... "It doesn't stop me from training. If anything it helps motivate me because I know that someday I could wake up and be completely blind. It makes me want to live life to the fullest as much as possible. I'm extremely stubborn which is both a blessing and a curse but it helps when doing tri's and marathons."

Amy does have a really fun side to go along with all of her adventures..how about getting arrested in Texas, all because of Fuzzy Fox??...Amy thought she was so cool because she got a FOX FOTO of Fuzzy with "Elvis" (isn't he dead?) in Las

Vegas (see the DVD), that she thought it would be a slam dunk to get a cool picture of him hanging out at the Alamo a few weeks ago....Amy soon learned they aren't kidding when they say, "Don't mess with Texas!".....Fuzzy in handcuff's, oh no!!!!!!!!!!!! and.....no joke, she wants to do the Alcatraz Triathlon.....Amy, do you have a thing for horizontal stripes??

And if purposefully falling out of that perfectly good airplane and fighting white-water isn't enough of a "high" for Amy, she also bungee jumps!!! Can't she just take life easy and coach her JV volleyball team at Xavier High School? (By the way, she has a team going to Nationals!)

That's our TRIFOXAMY (her email address, too)...adventurous, strong, understanding, empathic, willing to endure, happy to volunteer, working to make life better for others.... Thanks for all you do for the club AMY!! We can't wait to see you at our meetings and events...let us know when you get out of jail!!!!!!!!!!!! (just kidding)...

Oh, and one last thing...

pay attention boy Foxes...

**Amy is SINGLE!!!**



**Amy and Friends...**



**Amy and Friends???**

