

February 14th Tri Club Meeting With Scott Rigsby
YMCA 3:30 pm

Announcements:

TRI 101 is coming up Feb. 23, 6:30 at YMCA, and Feb. 25th Aurora Bay, Green Bay
This is free, and please check out the website for more information.

Our April meeting will be in Green Bay.

March meeting will have 2 great guests to talk Massage, and CHI running.

Kids TRI update: Appleton, Neenah, Kimberly for grades 3-9.

Bring any goodies to the next meeting for the kids. Any thing you don't want, the kids
Will love, things like GU, water bottles, new T-shirts, energy bars or drinks.

Fleet Feet announced they will order our gear for the club and have it stocked! This is
Great because in the past we always had to have minimum orders for technical clothing,
Now you can purchase tech. clothing at Fleet Feet. "World Head Quarters" at Aurora in
Kaukauna will still be here for t-shirts, socks, etc.

Tom threw out his idea of putting together an Ironman using High Cliff as the swim,
biking around the lake for the bike and then putting together a run. He is looking for ideas
on a date? Week after Madison, or before?? More info. Coming!

Katie passed around a sign up sheet for our Find a Fox.

Our speaker, Scott Rigsby inspired us all with his remarkable story about how he overcame
his many obstacles and achieve the "Unthinkable". He became the first double amputee to
cross the Hawaii IM finish line in 16 hrs. 42 minutes!!

Here are his 5 steps to doing the "Unthinkable"

Have a dream.

Gather a good support team

Have Faith to overcome Fear

Expect to have and overcome obstacles along the way.

Finially, Cross Your Finish Line!

Scott autographed his book for people to purchase, it is a must read!

A big thankyou to Ann Keller for getting Scott here. There were some challenges that day
and she came threw for us. Thanks Ann!