

Fox Cities Triathlon Club Meeting  
Sunday, October 9, 2010 4:00 pm  
Appleton YMCA

**3<sup>rd</sup> annual Foxtoberfest** was recently held and attendance was approx. 25 which is double last years. This is a free fun, informal event of a short swim, bike, run put together by Pete, Dave and & Martin.

Alan mentioned to the group that any new members should feel free to jump in and start any new activities or events. Fox Tri Club has no formal structure, no dues, just a few unwritten rules something about not being a “jerk”, wearing the neat clothing and being respectful.

If interested in Adventure Racing check at Neenah Y for more info.

**MyIronman:** Katie and Tom held an event labor day weekend to simulate an Ironman distance. They had 4 participants, and an amazing amount of support! (3 sag wagons for 4 bikers). Hopefully this will occur again next year as well.

**Goodies for the kids TRI Group:** Bag up your unwanted race goodies, such as GU, Water bottles, Power Bars and bring to the next meeting for Sarah and Lynn to give out to the kids next year.

**Foxes Spin at the Y:** By Don K. will begin again in Nov/or Dec. Watch the fox forum for more details and please participate if you can!

**UltraMan Canada:**

Jim and Jannine Boldra shared with the group there Ultra IM experience, as well as introducing there support crew.

This race is by invitation only and is limited to 35-40 participants. Each participant has a crew that takes care of them that day. They keep track of nutrition, equipment, and pretty much everything.

The Distance:

Day 1: 10K swim, and 90 mi. bike

Day 2: 170 mi. bike

Day 3: 52.4 mi. run (double marathon!)

You are allowed 12 hrs. each day to complete. If you miss that cut off time you can still race the other days and finish unofficially.

Great Job Boldra's!!

Please check the Fox Tri Club website for future monthly meetings and activities.

