

SOARING WITH SAS

Sports for Active Seniors

**You don't stop playing when you get old,
You get old when you stop playing!**

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Volume 27 Issue 10

OCTOBER 2022

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BOARD OF DIRECTORS for 2022

President:	Bob Brooks	244-5582
Vice President :	Betty Jean Grafton	651-231-6879
Secretary:	Georgine Hinz	513-7658
Treasurer	Mary Juckem	358-0608
Archives:		
Hospitality:	Vernon Flesch	873-5906
Membership:	Sarah Rankin	575-9685
Publications:	Yvonne Sorge	221-3926
Programs:	Larry Neuman	271-8657
Publicity:		



A great turn out for the annual SAS picnic & bike rides. The weather was perfect, food delicious and companionship delightful.

2022 DIRECTORY CORRECTIONS

O'Regan, James

Zip Code 53590

Phone 847-903-1193

jamesoregan608@gmail.com (new email)

Lambert, Mike

2910 Bluff Street (new address)

Madison WI 53705

Lytle, Mary Pat

Marypat418@gmail.com (new email)

SAS WEBSITE

The website has been updated. One of the new features is having an updated Newsletter under the "Newsletter tab". This will allow future members, and those that deleted their newsletter, to find information more quickly. If you have suggestions for the website, contact Bob bandalaro@chartermi.net. The website is sportsforactiveseniors.org

MEMBERSHIP

People over the age of 55 who are interested in actively participating in sports are invited to join us. Questions? Call Sarah at 575-9685. PLEASE NOTE OUR NEW P.O. BOX # 8742 and ZIP CODE 53708 when renewing your membership.

Membership
for 2022
95

MEMBERSHIP

Our SAS membership, this year, is growing rapidly but we need a **lot** more help with leadership positions. Please consider planning a hike, canoe, biking or other adventure of your liking for yourself and several others soon. Just contact me : yvonesor@gmail.com to publicize it.

Lauris and John would like someone to help, in the near future, to fill in their role of organizing **Ice Age Trail Hiking**. Please contact Lauris at lauris_wagner@yahoo.com if you can help.

Jim Holzel has decided to "pass the baton" to anyone that would like to lead **kayaking** and **canoeing**. We thank Jim for all of his work and his leadership. Please let me know if you could take this over. Bob Brooks (608) 658-2016 bandalaro@chartermi.net

GOLF

Wednesdays at Nine Springs at 9:00 am. For Information call **Ann White** at 608-271-2950

Friday golf will resume in Spring.

NEW MEMBERS

Perkins, Vince

4133 Mandan Crescent

Madison WI 53711

H: 608-233-7326

C: 608-712-5361

B,H/W,X

perkvc@tds.net

Read, Kathy

2911 Blue Aster Blvd Unit 4037

Sun Prairie WI 53590

C: 217-369-4233

^G,H/W,T^

klmacread@gmail.com

Peterson, Gloria

1186 Moorland Rd # 106

Madison WI 53713

C: 608-273-8888 *B,H/W*

gloriapetersonca@gmail.com

BIKING

Tuesday September 20 at 11am. Mt Horeb to either (group will decide) Blue Mounds or Riley. Meet at the old Malt House on the old Rail station lot down the street from Grumpy Troll. 10 to 12 miles round trip. Questions? Bob Kreul 608-445-0333.

I hope to start from the opposite end of the trail at 11am, and once again bike to meet the regular riders about **half** way and return with them to their turn around point. Yvonne: 608-221-3926

EASY RIDERS (for riders who would like to ride 5 to 8 miles at a slower pace) has returned !!!

Thursday September 29 at 10:30 am. An "Easy Riders" bike outing in Cambridge/Dane County side from Cambridge, through CamRock Park #1, #2, and ending at CamRock #3 in Rockdale. **Surface** is a flat, packed gravel easy trail, but very scenic: woods on either side, creek flowing alongside, and several ponds alongside (I can hear the bullfrogs already).

The trail is **approx. 6-miles TOTAL**. However, along the way - **for those more energetic and/or Adventurous** - there are other options at CamRock #1, #2, and #3: Packed dirt trails, trails through woods and meadows, trails in Rockdale that are more hilly - ALL easily accessible from the main flat, gravel trail. **Something for everyone!!!!**

Remember water bottle and bike-lock if you wish to stop for lunch at the turn-around point in Rockdale OR upon your return to downtown Cambridge.

"Rockdale Bar & Grill" tavern in Rockdale serving cheeseburgers/various menu. ALSO various restaurants/ coffee places serving larger menu and/or sandwiches in downtown Cambridge. **For more information, contact Yvonne Sorge 1-608-221-3926, yvonesor@gmail.com or Sue Markwardt 1-920-650-3998, "samjeffer@yahoo.com"**

DIRECTIONS: From Madison Beltline (Hwy. 12/18): Go East on 12/18, approx. 18-miles to Cambridge from Madison's east side. At Cambridge (KwikTrip on right-hand side) 12/18 splits. Take the right turn and get on Hwy. 12. (Do NOT take 18 as that continues due east to Jefferson.) Pass KwikTrip, follow curve to left past the pizza place and BP Gas; turn right onto **Pleasant Street**. At playground equipment turn left onto **Water Street** - across from city-park is the parking lot or you can park on the street. There is a **sign: "CamRock Park Trail/Dane County Parks"**. There is a cream-colored-brick restroom area across from trailhead and parking lot.

You may pull onto the grassy or cement area to park. There is a garage there and house to one side; however, the lot closest to the trailhead is public-parking for the trail. Do not park in front of garage--door.

Watch for and/or plan an impromptu bike ride soon. Bob Brooks: bandalaro@chartermi.net can send it out to the bikers or Yvonne: yvonesor@gmail.com can send it to the general membership.



September 13 - **CANNON BALLTRAIL** bikers: Vince Perkins, Paula Romeo, Victor Emanuel, Sue Poehlman, Bob Kreul, Gloria Peterson, Carol Berglund, Yvonne Sorge, Mary Macht-Brooks, Bob Brooks.



September 8 - **PAUL BECKETT MEMORIAL BIKE RIDE** Karren Dopkins, Bob Brooks, Vince Perkins, Mary Macht - Brooks, Sue Poehlman, Kathy Beckett (front). Todd Kummer, Sue Kummer, Paul Reichel. Betty Jean Grafton & Yvonne Sorge absent from picture due to a flat tire enroute.

TENNIS

Due to the reconstruction of the courts at Rennebohm Park, **Rotation Tennis has moved** to Bordner Park.. It is located off of Rosa Road at 5610 Elder Place. We play Monday, Wednesday and Friday at 9:00am. Please bring a new or slightly used can of tennis balls along with your racquet when you come to the park. No sign up is required and everyone is welcome. For more information or questions call Burt or Karen Scheele at (608) 238-4430 or contact by email at bkscheele@att.net

Set Tennis will be played at 9am at Elver Park.in October. We play on Tuesdays & Thursdays. Anyone interested in playing should contact Lois Langenfeld (llangenfel@aol.com) by 4pm on the previous Sunday afternoons.

An email will be sent out on Mondays indicating who will be playing. Please bring a new or slightly used can of tennis balls.

For more information or questions, please contact Lois loislangenfeld@att.net — 608-233-2612

Sports for Active Seniors (SAS) MEMBERSHIP APPLICATION 2022

The SAS Release of Liability clause requires us to have a separate Membership Application for each member. Couples may send one check to cover both memberships @\$20 each, but must send individual Membership Applications.

Please complete this application and return with check made out to SAS for \$20.00 per membership.

Mail to: SAS, P.O. Box 8742, Madison, WI 53708

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ CELL PHONE _____

E-MAIL ADDRESS _____

Retired Semi-Retired Working New Member Renewing Member

Optional Donation _____ How did you hear about Sports for Active Seniors? _____

INTERESTS

Biking Bowling Camping Canoeing Dancing Golf
 Hiking/Walking Skiing X-C Snow Shoeing Tennis

Other sport interests _____

Please check ways you'd be willing to help with SAS activities: Membership Hospitality Programs
 Newsletter Computer Literacy Activity Leadership Finance Archives Publicity

RELEASE OF LIABILITY/INDEMNITY

(Application will not be accepted without signing this release.)

I understand that participation in the activities of this organization may put me at risk of injury or loss. I hereby assume such risk, and I release, indemnify, and hold harmless the organization, its officers, its activity leaders, and my fellow participants from all liability for any injuries, damages, claims, or allegation of misadventure or negligence. I agree to indemnify and hold those identified above harmless and pay for all costs, attorney fees and other monetary awards incurred or determined in any lawsuit or claim related to the organization and myself.

Signature _____ Date _____

PICKLE BALL

(Due to the recent Covid 19 surge, please check with the facilities below to see if they have temporarily paused their operation.)

We do NOT have a leader for Pickle Ball but will once again publish a list of the facilities that have begun to offer it again since the pandemic restrictions have been lifted. Please let me know of any additional facilities so that I can list them for our members. yvonesor@gmail.com

HITTERS: 833-4488 (Please call as times are currently variable)

PRAIRIE ATHLETIC CLUB: 837-4646 (Please call)

SALVATION ARMY 256-2321 (Please call)

TURNERS: 222-4922 (Please call)

WAUNAKEE VILLAGE CENTER: 850-5992 Monday 9:30am - noon

Wednesday 9am - noon

Friday 9am - noon

Saturday 9am—11 am

YMCA (east) :221-1571 Tuesdays and Fridays 1pm-3pm

They also have an outdoor facility which is available during their regular hours.

YMCA (northeast - Sun Prairie): 857-8221 Mondays and Thursdays 1pm - 3pm

YMCA (west) :276-6606 Tuesdays and Thursdays Noon - 2pm (\$5 for non-members)

PAPER COPIES OF NEWSLETTER

If you have problems printing out the newsletter or would like a paper copy sent to you for any reason, please contact Yvonne at 221-3926 or yvonesor@gmail.com to be put on the paper copy mail list. You will still receive the email copy and other alerts by email if we have your email address.

EMAIL NOTIFICATIONS

Please watch for emails announcing resuming activities. If you are a SAS activity leader and would like to publicize an activity which will resume, please let me know and I can easily send an email notification to the general membership between newsletters. yvonesor@gmail.com or 221-3926.

NEWSLETTER ITEMS

Please send all items, pictures, and address changes for the SAS newsletter by the 15th of the previous month to Yvonne Sorge, 5310 Painted Post Dr., Madison, WI 53716, or call 221-3926, or, send an e-mail to yvonesor@gmail.com

Please also notify me if you have not received your newsletter by the 22nd of the previous month.