

SOARING WITH SAS

Sports for Active Seniors

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

Volume 29 Issue 8

AUGUST 2024

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| | | |
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SAS PICNIC - Wednesday August 7, 2024

Our Summer Picnic will once again be held at Lake Farm Park, Shelter #2 from 11:00 am to 4:00 pm with a potluck at noon. SAS will provide , plates, cups, silverware, coffee, lemonade & water. Please bring a dish to pass. Members and guests can bring beer, wine and other alcohol beverages if they would like. Cards and board games to follow lunch. Skilaufers are invited to join us.

There will be a **bike ride** from Shelter # 2 at 10 am on part of the Capital City Bike Trail and across the bridge to McFarland. There will be a **shorter** and **slower** ride at 10:15 am from Shelter #2.

Directions: The address of the park is 4330 Libby Rd.

Follow US-12 W/US-18 W to W Broadway in Monona.

Take exit 264 near the Walmart on the edge of Monona from US-12 WUS-18 W.

At the traffic circle take the 2nd exit and stay on South Towne Dr., continue onto Raywood Rd., turn left on Moorland Rd, continue on to Lake Farm Rd., turn left on to Libby Rd to your destination on the left.

MEMBERSHIP

People over the age of 55 who are interested in actively participating in sports are invited to join us.

Membership
for 2024
78

SAS WEBSITE

www.sportsforactiveseniors.org The SAS website contains information about our interest groups, as well as the current and past SAS newsletters.

Members can also find the (updated **6/20/2024 Member Directory**) online here: <https://sportsforactiveseniors.org/members-portal/> Use the password which was emailed to members to log in for the directory. Contact any board member if you misplace that password.

If you have any suggestions or feedback about the website, please email debsimon.tango@gmail.com

TENNIS

Set tennis (new location) will now be located at the Odana courts at 8:30 on Tuesdays and Thursdays for the remainder of the Summer. Please contact Lois Langenfeld: langenfeldlois@gmail.com by 4 pm on Sundays if you are interested in playing during the coming week. Please bring a new or slightly used can of tennis balls.

Rotation tennis play is Monday, Wednesday and Friday at Bordner Park. It is located off of Rosa Road at 5410 Elder Place. Start time is 9:00am. Please bring a new or slightly used can of tennis balls with your racquet when you come to the park. No sign up is necessary and everyone is welcome. For more information call Karen Scheele at (608) 238-4430 or contact by email at bkscheele@att.net.

GOLF

GOLFING at 9 SPRINGS

Sarting .at 9am. Call me if coming at 608 271 2950. Ann White

THURSDAY GOLF—Variety of Courses

Every Thursday, mid-morning, We play at most of the courses in Dane county area.. Various golfers have been setting Tee times during Vern's absence.

Questions: Please email either Mary at mko1600@yahoo.com, Lee at lee.hardt79@gmail.com or Richard @damon9201@yahoo.com

BIKING

Monday 07/29/2024 Loop the Lake, Green Lake, WI

Rain Date: 07/31/2024 Wednesday

10 am at Green Lake Chamber Of Commerce

(Assuming it's the Town Square Trailhead)

550 Mills Street. Parking is free. Bike Route: 23 miles.

Lunch: Reilly's Pub & Grill facing the lake.

Green Lake from my home is about an 1 hour and 20 minutes. I've never ridden the route, but have heard wonderful things about the ride. Mostly streets and county roads. The route does run along the lake in some areas. I have a map with street names for us to follow. During a conversation with the chamber they reassured me that the route is well posted.

Any Questions: please call Harry: **608 697-5389**

Let try to workout riding together.

Looking forward to this fun filled scenic ride!

Sunday July 28 TO FRIDAY August 2, 2024

Bike with the campers and cottage dwellers near Minoqua & Boulder Junction

Wednesday August 7 before our annual SAS picnic, there will be longer at 10 am and shorter at 10:15 am **bike rides** from Shelter # 2 on part of the Capital City Bike Trail and across the bridge to McFarland.

Friday, August 9, 2024 Waunakee 10:00 A.M. from the library 201 N. Madison St

We will meet at the front where the flagpole is. The ride is on some paved trails and some city streets. It should take approximately an hour (maybe 8 miles). The ride is easy; no hills! No eating along the way, but there are 2 nice coffee shops in Waunakee if anyone wants to go after the ride.

Questions, Ronni@ 608-849-5702 or e-mail at ronni@tds.net.

Monday, August 19th: Hank Aaron Bike Trail, Milwaukee

Rain Date: Tuesday, August 20th

10 am from Kruger Park, Brookfield, WI, Free parking.

Distance 16 to 20 + miles

Depending on whether you want to ride along Lake Michigan?

Short Ride: follow trail until you're ready to turn back at your discretion.

FYI: The Hank Aaron trail is 7.5 miles one way. We can make a division once we arrive at the **Milwaukee Public Market** whether to continue to Lake Michigan. I have ridden the trail a least twice and am familiar with the streets in the third ward during visits with my daughter.

Riding along the lake is well worth the trip. There are bike racks on the south side of the market.

The third ward is probably the safest area in the City of Milwaukee.

Lunch would be at the **Milwaukee Public Market**. Where there are several options for lunch. Bring your water bottles, bike locks and all the other biking items you'll need. This of course is an all-day adventure.

Harry Andruss : 608 697-5389



Enjoying Olbrich Gardens Biergarten July 1



En route to the OLBRICH Gardens Biergarten on July 1



Lunch in Verona at the Sow's Ear during the Cannon Ball Trail

ride on
July 10.



Rest stop with a giant biker during the GREEN CIRCLE ride near Steven's Point on July 17

CAMPING

Betty Jean has reserved a great double site for camping at Firefly Lake near Minoqua, Woodruff, and Boulder Junction, one of Wisconsin's prime vacation spots. Plans are to join with nearby SAS cottage dwellers for biking, hiking, swimming, canoeing & kayaking, boating, card playing, a meal or two and a place to shelter in case of bad weather. Questions: 651-231-6879 or bettyjeank312@gmail.com

FIREFLY LAKE CAMPING REGISTRATION SUNDAY July 28 TO FRIDAY August 2, 2024

Name _____ -

Phone _____

Address _____ City _____

State _____ Zip Code _____

E-mail

Address _____

PICKLEBALL

Please check with the facilities below to see if they have temporarily paused their operation.)

We do NOT have a leader for Pickleball 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: 608-833-4488 (Please call as times are currently variable)

PRAIRIE ATHLETIC CLUB: 608-837-4646 (Please call)

SALVATION ARMY 608-256-2321 (Please call)

TURNERS:608-222-4922 (Please call)

WAUNAKEE VILLAGE CENTER: 608-850-5992 Monday 9:30am - noon

Wednesday 9am - noon

Friday 9am - noon

Saturday 9am -11 am

YMCA (east) 608-221-1571 Tues: 12 pm-3pm; Thurs: 11 am-2 pm; Fri:1 pm-3pm

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

YMCA (northeast - Sun Prairie): 608-857-8221 Mondays and Thursdays 1pm - 3pm

YMCA (west) : 608-276-6606 Tuesdays and Thursdays Noon - 2pm (\$5 for non-members)

NEWSLETTER ITEMS

The deadline for items, pictures, and address changes for the SAS newsletter has been **permanently changed** to the **20th** of the month. Please submit them to Yvonne Sorge, 5310 Painted Post Dr., Madison, WI 53716, or call 608-221-3926, or, send an e-mail to yvonesor@gmail.com

Please also notify me if you have not received your newsletter by the 28th of the previous month.

PAPER COPIES

If you have problems printing out the newsletter or would like a paper copy sent to you for any reason, please contact Yvonne at 608-221-3926 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.

SPORTS for ACTIVE SENIORS (SAS)

2024 Membership Application

The SAS Release of Liability clause requires us to have a separate Membership Application form for each member. Couples may send one check to cover both memberships at \$20 each.

Please complete this application and return with a check made out to SAS for \$20 per member.

Mail to: SAS, PO Box 8742, Madison, WI 53708

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

CELL PHONE _____ HOME PHONE _____

EMAIL ADDRESS _____

Retired Semi-Retired Working New Member Renewing Member

Optional Donation _____ How did you hear about SAS? _____

INTERESTS

Biking Bowling Camping Canoeing/Kayaking Dancing Golf

Hiking/Walking Skiing XC Snow Shoeing Tennis

Other _____

Please check ways you'd be willing to help with SAS: BOARD MEMBER 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 _____

Emergency Contact _____ Phone _____

I permit my name, address, phone number(s) and email address to appear in the SAS directory.

Signature _____ Date _____