

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 30 Issue 6

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JUNE 2025

BOARD OF DIRECTORS for 2025

President:	Sue Poehlman	608-843-1381
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Membership:	Pam Daniels	608-335-0161
Publications:	Yvonne Sorge	608-221-3926
Publicity	Mike Lambert	608-577-1057
Programs:	OPEN POSITION	

MEMBERSHIP

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

The 2025 updated member directory is available on our web site. It is necessary to use a separate password to access it due to privacy concerns.

To obtain that password or for any other concerns, please contact me at yvonesor@gmail.com or 608-221-3926.

Membership
2025
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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 **1/17/2025 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

SAS MEMORIAL DAY WEEKEND EVENTS

KAYAKING:

Saturday, May 24th, 2025, 10am from Wingra Boats in Wingra Park, 824 Knickerbocker St. Bring suntan lotion, snacks and a beverage of your choice. Best to get there early. Small parking lot, street parking is limited. Harry and Kim: 608 697-389. Kayaks are available to book online at madisonboats.com (1st hour \$16.00, 2 hours \$28.00). Everything is included.

HIKING

SAS Hike Table Bluff Segment of the Ice Age Trail

Monday, May 26 1:30 pm - 3 pm.

Let's hike the beautiful Table Bluff Segment of the Ice Age Trail. There are some hills, but not too bad. Bring your own water and snacks. Discover this 4.5-mile out-and-back trail near Cross Plains, Wisconsin. Generally considered a moderately challenging route, it takes an average of 1 h 48 min to complete. This is a popular trail for birding, hiking, and snowshoeing, but you can still enjoy some solitude during quieter times of day. The trail is open year-round and is beautiful to visit anytime. No restrooms at this site. Dogs are welcome, but must be on a leash. We will go for coffee at the Crossroads Coffee House in Cross Plains.

Directions: Trail head is on Table Bluff Rd.: From the Ice Age Trail Alliance headquarters in Cross Plains (2110 Main Street), take USH-14 west 1.2 mi. At CTH-KP turn right and go north 2.4 mi. At Table Bluff Rd. turn left and go west 0.3 mi to the parking area on the south side of the road. RSVP to Diane Schwartz at getkidsoutside@gmail.com or 608-358-8314.



May 14 general meeting at the Fitchburg library.

SAS 35th Anniversary Celebration

Tuesday, August 5, Tenney Park John Wall Family Pavilion

We'll gather at 11:00 a.m., with a **catered lunch** served at noon, followed by social activities. Cost is \$5.00 per person. All SAS members, current and former, and significant others are invited!

HIKING



May 17 Wolf Run Trail (Black earth creek hike)

Sat. June 14, 1-2 pm Springfield section of Ice Age Trail

This is a fairly easy hike through prairie and woods that is 1.6 miles long.

Here's how you get there:

Take the Beltline (Hwy 12) past Middleton to the Hwy 12 & Cty Hwy K intersection with traffic lights. (I'm using this as a starting point).-- Continue on Hwy 12 for 7.9 miles

- At about 6.8 miles you will see a Pedestrian/Bike bridge across the highway; continue straight.
- Half way down that hill you will see a sign for Ballweg Road.

- Turn right onto Ballweg Road.
- The Trailhead is at that corner on the right.

To rsvp contact Diane Schwartz

at getkidsoutside@gmail.com or 608-358-8314. Hope to see you there.

TENNIS

ROTATION TENNIS plays Monday, Wednesday and Friday at **Bordner Park**.

The park is located off Rosa Road at 5410 Elder Place. In May, the start time is 10:00am. In June and for the rest of the season, the start time will be 9:00am. Please bring a new or slightly used can of tennis balls with your racquet when you come to the park. No signup is necessary and everyone is welcome. For information call Karen Scheele (608) 238-4430

SET TENNIS starts at 9am in May at the **Odana** courts. We play Tuesdays and Thursdays.

Please contact Lois Langenfeld: langenfeld-lois@gmail.com or 608-217-1787 by the previous Sunday if you would like to play. Please bring a can of new tennis balls.



Hiking Lake Farm Park on May 9—4mi Beautiful day!

Tues. June 3 at 10 am Hiking the Lost City

We will hike the Lost City and surrounding prairie from the Arboretum Visitors Center.

Take Hwy 12/18 beltline to Seminol Hwy towards Madison. Turn right on McCaffrey Drive and follow to visitor's center.

Wear appropriate attire and boots and bring suntan lotion and a drink of your choice. It is an easy 2.9 mile hike.

Lunch will be at Zuzu restaurant (vegan options) 1336 Drake Street (across from Vilas Zoo). Questions: Kim: 608 697-5389

Tues. June 24, MONONA BAY walk at 10am

Meet at Brittingham park located at 829 West Washington Ave at 10 am. Take exit off Beltline [Hwy 18] onto South Park St .Travel toward Capitol then right onto West Washington Ave. Entrance to park comes up quickly.

Lunch at La Hacienda restaurant. Kim Andruss: 608-212-9536

KAYAKING

Thursday, June 11th, 1pm Fish Camp.

Take 51 south through McFarland out of town. Turn left on County Hwy AB. Fish Camp parking is on the rightside just after the Yahara River. Bring all necessary kayaking equipment, suntan lotion, snacks and a beverage of your choice. Harry & Kim call 608 697-5389

GOLF

NINE SPRINGS

We golf Wednesday at Nine Springs at 9am. I have a new email address: 2494amw@gmail.com See you then, Ann White

THURSDAY GOLF

Every Thursday around 10:00AM or later. We play most of the courses in Dane County including the City of Madison. After playing we stop at the clubhouse for refreshments or lunch or go to a restaurant for lunch. We play 9 holes. If you want to be added to our list of players send your email address to Lee at lee.hardt79@gmail.com. If you have any questions you can also contact: Mary at mko1600@yahoo.com or Richard at damon9201@yahoo.com.

BIKING

Wednesday May 28th. Olbrich Biergarten

Meet at Burrows Park, 25 Burrows Road at 3:30 P M. This city park is located off of Sherman Ave., near Banzo's Restaurant and Kappels Clock Shop. The parking lot is located on the backside, towards Lake Mendota. We will ride to the Olbrich Biergarten at Olbrich <https://www.olbrichbiergarten.com/> beach/park for a bite to eat and something to drink. We will be riding on city streets and bike trails. The route is about 11 miles round trip. Please bring an ID to get into the Biergarten, and a bike lock. More info about the Biergarten is on the website link. Bob Brooks (608) 658-2016 (C)



April 27—Lake Farm to Sieggelkow to Parkside Pub

Monday, June 2nd -Paoli Ride, 10:30am Approximately 20 miles.

Start at Quarry Ridge Recreation Area 2740 Fitchrona Rd. Fitchburg, WI Take Hwy 151 towards Verona. Exit at McKee Rd.. Turn right at the stop light. Turn left on Nesvitt Road. (Monkeyshines Bar and Grill is next to the road.) Follow to the roundabout and take the 3rd exit. Pass under the Military Ridge Bike Trail bridge. The entrance to Quarry Ridge Rec Area is on the left. Lunch at the Paoli Pub and Grill Questions: Harry 608-697-5389



From Tenny Park April 30

Thursday June 12 -Cannonball Trail 10:30 AM

Meet at the parking lot that is shared between Culvers and Steinhafels (2164 W Beltline Hwy.) on the frontage road by Fish Hatchery Road and the Beltline. We will ride the Cannonball Trail which will turn into the Military Ridge Trail. We will ride this to the downtown Verona Trail Head. The surface will be blacktop except for about the last mile which be the regular trail surface. The ride will be about 16 miles long, round trip. Please bring a water bottle, sunscreen, and bike lock. We will stop for a bite to eat at The Sow's Ear in Verona Bob Brooks (608) 658-2016 (C)



Monona Loop –May 9—A warm stop at the Silver Eagle Bar and Grill during a cool ride.

Monday, June 16th, Great Sauk State Trail 10:30am

Start at Sauk City Commerce Parking Lot

Take Hwy 12 to Sauk City. Go through the stop lights and turn right on John Adams St. just past the Sauk Prairie Area Chamber of Commerce. Parking lot is behind the building. Approximately 22 miles Lunch: Vintage Brewing Company Questions: Harry:608 697-5389

Thursday June 26th Meet at 10:30 AM downtown **Deerfield** at the Trail Head. We will be riding the Glacial Drumlin Trail to **Lake Mills**. If riders would like to go for a shorter ride meet us at London at approximately 10:50 AM. The route is about 22 miles, round trip.

We will be eating lunch at the Cafe on the Park in downtown Lake Mills. There will be street riding for about one mile each way in Lake Mills.

Bring your trail pass, bike lock, water bottle, sun screen etc. Bob Brooks (608) 658-2016 (C)



Starkweather Creek ride—Gov mansion in back May 12

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.

NEWSLETTER ITEMS

The deadline for items, pictures, and address changes for the SAS newsletter is 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.

CAMPING/ UP NORTH GET-AWAY

Camping has lost it's leader but we hope to continue with the trip up North to the Minoqua and Boulder Junction areas this summer for biking, canoe & Kayaking, swimming and other fun activities there in late July or early August.

Camp sites at Firefly lake or Silver lake or motels in Woodruff/ Minoqua have worked out well. There are no empty beds at the nearby cottage but you are welcome to sleep on the large screened in porch, in the garage, in your vehicle or to pitch a tent and join cottage dwellers for meals, games & bathroom facilities. The cottage is located on Little Spider Lake between Woodruff and Firefly Lake.

Please let me know if you are interested and what dates would be available for you.

Yvonne: 608-221-3926 or yvonesor@gmail.com

SPORTS for ACTIVE SENIORS (SAS)

2025 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 \$25 each.

Please complete this application and return with a check made out to SAS for \$25 per member.

Mail to: Mary Juckem, SAS Treasurer

89 Golf Course Road Unit E

Madison, WI 53704

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 _____