



Making Sheboygan County The Healthiest Place To Survive Cancer!

There are lots of activities coming up to “Survive, Thrive & Be Fit” and I don’t want you to miss out on any of it... so here’s a quick summary:

April 15th/16th: Hiking Along the Cancer Journey – Day Hikes w/Overnight Option!

The weather looks great for a Friday night hike (6P) or Saturday morning hikes (7A & 9A) on the Zillmer Trails in the Kettle Moraine State Forest. Or join a small group of us who will be spending Friday night at the backpack shelter.

April 23rd: The Cancer Crusade!

This is a FREE community fitness walk/run that starts and finishes at the YMCA and offers opportunities to support the Sheboygan County Cancer Care Fund. You can walk or run anytime between 7:30A and 10:30A or join us for a group start at 9A. Your \$12 donation will get you a commemorative water bottle and a T-shirt (while supplies last)!

May 11th: DIScovering DISC Golf!

We will meeting at the Town of Sheboygan Firehouse Park. A special six-hole course (using a combination of permanent baskets and temporary baskets) will be set up that will be perfect for first-time and beginner disc golfers. Anyone who participates is welcome to join me afterwards at Tom’s Drive-Thru (indoor seating is available) for an ice cream to celebrate my 24-year “Cancer-versary!”

May 13th to 15th: Hiking Along the Cancer Journey – Backpack Camping!

We will be spending a few days at Newport State Park Wilderness but you are welcome to join us for a day, a night or the weekend! **NOTE: Anyone who has any interest in this event (even if you cannot fully commit) is urged to contact me ASAP so we can begin making final arrangements!**

June 4th/5th: Down the River WITH a Paddle!

We will paddle down the Sheboygan River to Camp Y-koda where other activities (camp beautification project, hikes, yoga, disc golf) will be available on Saturday and Sunday including the opportunity spend the night! A limited number of boats will be available for Saturday's paddle... so sign up now and reserve your boat!

Survive, Thrive & Be Fit's "Hiking Along the Cancer Journey" May, 2015 Trip to be highlighted on "Outdoor Wisconsin" in June!!!

Last May nine ST&BF survivor-athletes backpacked 36-miles in 3-days along Wisconsin's Ice Age Trail through the Kettle Moraine State Forest – Northern Unit. We were met on the trail by a camera crew from "Outdoor Wisconsin" (Wisconsin Public Television). At this point, that segment is scheduled to be aired sometime in the second half of June!!!

ONGOING: Gentle Yoga for Cancer Survivors!

This group continues to meet on Monday evenings at the Sheboygan YMCA. Also, you are invited to join us at TLC (Together we Live with Cancer!) on June 21st (International Day of Yoga) for a special yoga session. And watch for our first ever "Summer Yoga Sessions" in July!

ONGOING: "Active Survivors of Sheboygan" Team Qualifying!

If you have already qualified for the 2016 A.S.S. Team... please contact me to pick up your commemorative ST&BF merchandise! If you are interested in learning more about us or would like to get started... give me a call!

ONGOING: Row Team Challenge – The Sheboygan River Challenge!

As we plan for our next Team Challenge, several members of the Row Team are taking on an individual training challenge by tracking training distances and covering the distance of the Sheboygan River (130 km/81 miles). The next challenge may be to cover the distance of the Wisconsin River. As a team, all distances rowed will be applied to the challenge of covering a distance equal to the Great Mississippi River!!!

For details... visit www.scccf.org/news or contact Tim at 920.457.2223!