

The Local Cancer Community Update

June 22nd, 2023 ● Submitted by Tim E. Renzelmann

News, Events and Activities in the Local Cancer Community including the TLC (Together we Live with Cancer) Supportive Community, The Sheboygan County Cancer Care Fund, the Survive, Thrive & Be Fit program and more!



Together we Live with Cancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



SCCCF Continues to Impact Local Cancer Patients & Survivors!



The Sheboygan County Cancer Care Fund (SCCCF) is dedicated to improving the health, well-being, and quality of life for individuals and families of Sheboygan County who have been diagnosed with cancer or a disease of the blood.

Our primary focus is to provide financial assistance to those in our community who are experiencing financial distress because of a cancer diagnosis or cancer treatment. Since 2002, SCCCf has provided more than \$1.5 million in financial assistance, or what we refer to as “gestures,” to area cancer patients and survivors!

Common requests for assistance include medications, durable medical goods, wigs, and transportation. SCCCf tries to assist in a way that is most helpful to the individual patient.

Our philosophy is to assist as many cancer patients in our community as we can with the available funding. To do this, we have established guideline limits as to how much assistance a cancer patient/survivor can receive over an 18-month period. This limit is based on funds available and the current demand.

In addition, SCCCf has been offering FREE health and wellness opportunities for area cancer patients and survivors since introducing our Survive, Thrive & Be Fit program in 2010.

Thanks to some amazing volunteers and friends of SCCCf, a wide variety of fundraising events and

activities benefiting SCCCf have taken place over the years. However, since COVID many events have not returned and may never return. Thankfully, SCCCf wisely and responsibly accrued a reserve of funds that have allowed us to continue to provide financial “gestures” to are cancer patients and survivors faced with the financial challenges of a cancer diagnosis despite declining fundraising. Of course, we are hopeful and confident that the work we are doing will continue to attract the support that it needs and deserves.

Thank you to all who support the work of the Sheboygan County Cancer Care Fund!

Recently Diagnosed Gail Ulezelski is Described as “Gail Force Strong”!

Submitted by Katie Ulezelski, Jake Ulezelski, Gail Ulezelski

In mid-March, my brother and I found out our mother, Gail Ulezelski, was diagnosed with breast cancer. After being diagnosed, she had an idea that she wanted to do a fundraiser solely for the Sheboygan County Cancer Care Fund. She is the strongest woman we know and has the fighting spirit and determination to get through any obstacle that stands in her way - just like a “gale force wind,” our mother is “Gail Force Strong.” The initial design was created by Rustic Outlook, fine-tuned by Lilac Breeze Design Studio, and is themed relating to my brother’s trucking business - Magoo Trucking LLC.



100 percent of the proceeds from this fundraiser will go to the Sheboygan County Cancer Care Fund. This

organization “provides assistance to cancer patients and survivors in Sheboygan County to help ease the stress of the financial burdens associated with cancer diagnosis and treatment.” Feel free to visit their website to find out more information about the org: <https://scccf.org>

If you are interested in ordering, please email (k.ulezelski@gmail.com) or text me (920-946-9339), with quantity and size information. The first order will be placed in about a week. All shirts and hats must be paid for prior to the order being placed. You can meet up with me for a cash payment, mail a check payment (payable to Gail Ulezelski or if you prefer SCCCf, but mailed to Katie Ulezelski at PO BOX 332, St. Cloud, WI 53079), or I also have Venmo (@kulezelski). If you would rather make a donation instead of purchasing a shirt/hat, that is certainly acceptable too. THANK YOU in advance for your consideration and generosity!!

#GailForceStrong #RollinForACure

Katie Ulezelski, Jake Ulezelski, Gail Ulezelski

Oostburg State Bank & Cindy Walvoord Support SCCCf!



You may recall a couple issues back reading about Cindy Walvoord, cancer survivor and member of the ST&BF Indoor Row Group. As was mentioned, Cindy recently retired from Oostburg State Bank. I have since received a donation check from Oostburg State Bank in Cindy’s honor with a letter that explained, “In celebration of Oostburg State Bank’s 115th anniversary, we have committed to donate \$115 to a local nonprofit of each employee’s choosing.” Cindy chose SCCCf!

Thank you to Oostburg State Bank for the donation and Cindy Walvoord for your support of SCCCf!

To read the recent article about Cindy, follow this link:

<https://scccf.org/post?s=a-tale-of-two-cindys-cindy-becker-cindy-walvoord-members-of-the-202223-indoor-row-group-2023-05-23>

Sheboygan Falls High School Girls Soccer Team Supports SCCCf!

The Sheboygan Falls High School Girls Varsity Soccer team presented a check to the Sheboygan County Cancer Care Fund on behalf of the team and school

from their Cancer Awareness game earlier this year against Elkhart Lake. Excellent job girls!



The Sheboygan Falls High School Girls Varsity Soccer Team presents a check to the Beacon of Hope!

Wisconsin Camaro Club & Vogel Chevrolet Hosted “Cars & Coffee” Benefitting SCCCf!



Thank you to the Wisconsin Camaro Club and Vogel Chevrolet for hosting a **Cars & Coffee** event on Saturday, June 17th! This event is another lead-up to Wisconsin Camaro Club’s 2023 Camaro Rally that will take place August 24th to 27th at Road America Track in Elkhart Lake.

The Wisconsin Camaro Club has once again selected the Sheboygan County Cancer Care Fund as one of the beneficiary charities for this event. To learn why the Wisconsin Camaro Club has chosen SCCCf, read this article titled “How the Wisconsin Camaro Club Came to Raise Funds for SCCCf” that describes the relationship between Wisconsin Camaro Club Treasurer and Director of Sponsorship Billy Kreutz and Rob Zorn, an area cancer patient who has benefitted from the Fund:

<https://scccf.org/post?s=how-the-wisconsin-camaro-club-came-to-raises-funds-for-scccf-2023-01-18>

Mark your calendar and plan to attend the 2023 Wisconsin Camaro Club Rally on August 24-27 at Road America!



For more details, visit:

<https://wisconsincamaro.com/rally2023/>

2nd Annual WANDER-thon Fundraising Event to Benefit SCCCf at the Christopher Farm & Gardens!

We are excited to announce the 2nd Annual WANDER-thon at the Christopher Farm & Gardens to benefit the Sheboygan County Cancer Care Fund will take place on Friday and Saturday, August 19th and 20th!



A group of WANDER-thon participants take a break from the many activities offered at the first annual WANDER-thon in August of 2022 and relax around the 24-hour WANDER-thon flame (a "Bonding Bonfire")!

There are plenty of options to participate! Join us on Friday afternoon/evening, Saturday morning/afternoon, both days, and even spend the night!

A wide variety of activities will take place throughout the event!

WANDER-thon participants commit themselves to meeting fundraising levels to participate - \$75 or more for single day participation, \$100 or more for both days. Participating parents can bring their children (children 12 and under have no fundraising obligation, children 13 or older have a \$25 fundraising obligation).



A group of WANDER-thon participants work on a group art project! This amazing, finished piece of art has been framed and is proudly displayed in the MOA/SCBS 2nd Floor Conference Room!

I encourage you to check out these three articles that describe last year's first annual WANDER-thon event:

<https://scccf.org/post?s=wander-thon-at-the-christopher-farm-gardens-part-1-of-2022-08-31>

<https://scccf.org/post?s=wander-thon-at-the-christopher-farm-gardens-part-2-of-2022-09-12>

<https://scccf.org/post?s=wander-thon-at-the-christopher-farm-gardens-part-3-of-3-2022-09-28>

The 2022 WANDER-thon raised nearly \$20,000 for SCCCf! We hope you will consider joining us in 2023 or, if you are unable to attend, please consider donating to the event!

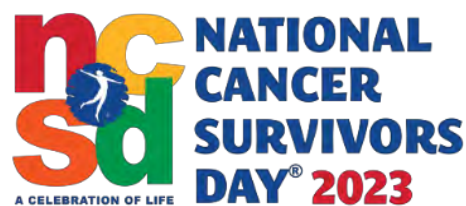
To donate: <https://scccf.org/donate>

Please indicate "WANDER-thon" in the memo field.

Survive, Thrive & Be Fit at the Christopher Farm & Gardens:

Listed below are just some of the "Survive, Thrive & Be Fit at the Christopher Farm & Gardens" opportunities!

National Cancer Survivors Day Event Photos by Mary Schueller!



View some wonderful photos from our National Cancer Survivors Day

carnival-themed event at Christopher Farm & Gardens on Sunday, June 4th! These photos were taken by and are graciously being shared by Mary Schueller! Thanks Mary!

https://www.snapfish.com/share?via=link&lc=en_US&ocale=en_US&token=CZ4tnzrkSFnyB7VYrRtztQ/AUS/27953332140070/SNAPFISH

Daisy Days Restoration Project:

Oxeye daisies may look pretty but they are highly invasive. For more than five years CF&G has been working on invasive removal and native habitat restoration along Lake Michigan and last year ST&BF joined this effort (“Many hands make for light work.”).



Photo: A group of ST&BF participants responded to a last-minute call to pull daisies following a day of rain!

The best, non-toxic, way to control the daisy spread is to hand pull. However, dry conditions this spring have inhibited our progress. Plans are to schedule additional daisy-pulling days as soon as we get some rain! For more information, contact Tim!

UPDATE: Project Tweety B.I.R.D. (Bluebird Investigation, Rejuvenation, & Discovery)!

Birdhouses have been built and locations have been determined. We have tentatively scheduled the bluebird house installation day for Thursday, June 29th! Contact Tim if interested in more details!

Following the installation of the birdhouses we will be involved in regular monitoring of nesting activities.



Photo – Our first bluebird nesting box build day was a success! Nesting boxes are now ready to be installed and regular monitoring of nesting activities will begin!

Christopher Farm & Gardens: A Special Game Gathering!

You are invited to join us for a special “Game Gathering” on Wednesday, July 12th at the Christopher Farm & Gardens! The night will include an opportunity to “Wander the Wonderful Gardens” (starting at 4P) and a “Qigong for Cancer Survivors” session (5P), before we gather at the Conservatory for a “Game Gathering” and a “Bonding Bonfire”!

We will kick things off with a simple but fun “Left-Center-Right” Dice Game Tournament. Additional games will be available or bring your favorite game!



Photo: 2022 Game Gathering at the CF&G!

Survivorship Through the Lens Group Photo Collage!



Over the years we have held several “Survivorship Through the Lens” Photo Contests at the Christopher Farm & Gardens. This year, we are doing something different – a group photo collage project!

Be sure to bring your cameras whenever you join us for any ST&BF at CF&G outings and take some photos. While you are at it, look for photos to contribute to a rainbow-themed group photo collage that we will create at the end of the year!

The colors we will be focusing on are red, orange, yellow, green, blue, violet, and pink!

Photos should be cropped into a square (or we will crop them accordingly).

For details, go to

<https://scccf.org/contest?c=christopher-farm-gardens-2023>

TLC Survivorship Session: Cancer Survivor Kirstin Opgenorth, APSW, SAC-IT: The Importance of Support & Connection During Difficult Times!

Tuesday, July 18th – 5P!

Many find comfort, strength, support, and valuable information through a support group or supportive community such as TLC (Together we Live with Cancer) or ST&BF (Survive, Thrive & Be Fit) early in their cancer journey. Kirstin was one of those. But the cancer journey does not end, even if cancer treatment is successful and neither does the importance of continued support and connection.

Kirstin will be our “Featured Survivor” at our TLC Survivorship Session on Tuesday, July 18th where she will describe finding that connection early in her cancer journey, eventually losing that connection following successful treatment when her life got busy, and eventually regaining that connection with herself and with the group! See attached for details!



Kirstin, a five-year cancer survivor, reconnects with the Local Cancer Community at this year's National Cancer Survivors Day at the CF&G on June 4th!

ST&BF CUMULATIVE Summer Marathon Walk/Run, 100-kilometer Row, 100-mile (Century) Bike Ride!

Congratulations to the cancer patients/survivors, co-survivors, and caregivers who completed the 2023 ST&BF Spring Cumulative Walk/Run, Ride, or Row! All FINISHERS will be recognized in a future issue.

Are you interested in running or walking a marathon, rowing 100-kilometers, or completing a 100-mile (century) bike ride? With these “CUMULATIVE” events, you do not have to do it all at once! Instead, you have ALL SUMMER (June 21st to September 22nd) to complete one, two, or all three challenges! It is one way of “Making Sheboygan County the Healthiest Place to Survive Cancer!”

See attached details or contact Tim for more information!

Quick Look Calendar: Upcoming Local Cancer Community Activities!

See attached calendar and flyers for details, visit www.scccf.org or call 920.457.2223.

Saturday, June 24th – 9A

LIVESTRONG at the YMCA Boot Camp

Call 920.451.8000 ex 130 for LIVESTRONG details!

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

Tuesday, June 27th – 10A to Noon-ish

ST&BF at the CF&G POP UP-opportunity!

Daisy Days daisy pulling work!

With some rain in the forecast for Sunday & Monday, it may be a good day to pull daisies! RSVP for details!

Christopher Farm & Gardens

Thursday, June 29th – 9A to ??

ST&BF at the CF&G POP UP-opportunity!

Project Tweety B.I.R.D. Nesting Box Installation!

We will be installing the bluebird nesting boxes! RSVP for parking and other details!

Christopher Farm & Gardens

Thursday, June 29th – 4P (Driving Range), 5P (Mini Golf)

ST&BF Swinging Survivors (Driving Range) & Putt Putt (Mini Golf)!

Cost covered for cancer survivors with advance RSVP.

Sunset Hills Golf Course & Driving Range, W3634 Sunset Hills, Sheboygan Falls

Saturday, July 1st – 9A

LIVESTRONG at the YMCA Boot Camp

Call 920.451.8000 ex 130 for LIVESTRONG details!

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

Tuesday, July 4th – 730A

Steps to Survivorship – FREEDOM RUN/WALK

Meet at the “Making Sheboygan County the Healthiest Place to Survive Cancer!” banner near the tennis/pickleball courts between 7-715A to connect and for a group photo!

<https://sheboygancountyymca.org/events.html>

Registration & Fee Required!

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

Wednesday, July 5th – Start Times: 4P, 530P

ST&BF Steps to Survivorship!

Walk, jog, or run along a measured course.

RSVP RECOMMENDED in case of changes!

Shoreline 400 Trailhead – Pennsylvania Avenue just west of Suscha’s Bar (1054 Pennsylvania Ave.)

Saturday, July 8th – 9A

LIVESTRONG at the YMCA Boot Camp

Call 920.451.8000 ex 130 for LIVESTRONG details!

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

Monday, July 10th – 4P (Driving Range), 5P (Mini Golf)
ST&BF Swinging Survivors (Driving Range) & Putt Putt (Mini Golf)!

Cost covered for cancer survivors with advance RSVP.

Sunset Hills Golf Course & Driving Range, W3634 Sunset Hills, Sheboygan Falls

Tuesday, July 11th – 8A

Pickleball Play!

Players of all levels welcome! Gear provided. The YMCA's LIVESTRONG Tuesday class may join us!

RSVP RECOMMENDED in case of changes!

Deland Park, Broughton Drive, Sheboygan

Tuesday, July 11th – 10A

ST&BF Steps to Survivorship!

Walk, jog, or run along a measured course.

RSVP RECOMMENDED in case of changes!

Sheboygan Lakefront – Meet near the Lottie Cooper (across from the YMCA)

Wednesday, July 12th – 4P to ??

Survive, Thrive & Be Fit at the Christopher Farm & Gardens – A Special Game Gathering!

4P – Wander the Wonderful Gardens

5P – Qigong for Cancer Survivors (Asian Water Garden)

6P – Game Gathering & Bonding Bonfire (Conservatory)

RSVP Required!

Christopher Farm & Gardens (details will be provided)

Saturday, June 15th – 9A

LIVESTRONG at the YMCA Boot Camp

Call 920.451.8000 ex 130 for LIVESTRONG details!

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

Tuesday, July 18th – 5P

TLC Survivorship Session IN-PERSON & Virtual

TOPIC: Kirstin Ogenorth – The Importance of Support & Connection During Difficult Times!

Casual Peer-to-Peer Support Group for Cancer Patients/Survivors and Co-survivors! See attached!

RSVP APPRECIATED for In-Person Participation!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

Tuesday, July 18th – 6P

TLC Survivorship Can Be Fun Game Gathering!

TLC Pictionary! See attached for details!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Wednesday, July 19th – 3P

Pickleball Play!

Players of all levels welcome! Gear provided.

Contingent on court availability.

RSVP RECOMMENDED in case of changes!

Deland Park, Broughton Drive, Sheboygan

Wednesday, July 19th – 4P/530P

ST&BF Steps to Survivorship w/Urban Poling Option!

Walk, jog, or run along a measured course.

RSVP RECOMMENDED in case of changes!

Lakefront Path – Meet near the Pickleball/Tennis Courts at Vollrath Park.

Saturday, July 22nd – 9A

LIVESTRONG at the YMCA Boot Camp

Call 920.451.8000 ex 130 for LIVESTRONG details!

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

Monday, July 24th – 3P

Pickleball Play! Food Truck Monday follows!

Players of all levels welcome! Gear provided.

Contingent on court availability.

RSVP RECOMMENDED in case of changes!

Vollrath Park, N. 3rd St. & Park Ave, Sheboygan

Monday, July 24th – Start Times: 4P, 530P

ST&BF Steps to Survivorship w/Urban Poling Option!

Walk, jog, or run along a measured course.

RSVP RECOMMENDED in case of changes!

Lakefront Path – Meet near the Pickleball/Tennis Courts at Vollrath Park.

Wednesday, July 26th – 10A (Driving Range), 11A (Mini Golf)

ST&BF Swinging Survivors (Driving Range) & Putt Putt (Mini Golf)!

Cost covered for cancer survivors with advance RSVP.

Sunset Hills Golf Course & Driving Range, W3634 Sunset Hills, Sheboygan Falls

Saturday, July 29th – 9A

LIVESTRONG at the YMCA Boot Camp

Call 920.451.8000 ex 130 for LIVESTRONG details!

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

Monday, July 31st – 3P

Pickleball Play!

Players of all levels welcome! Gear provided.

Contingent on court availability.

RSVP RECOMMENDED in case of changes!

Deland Park, Broughton Drive, Sheboygan

Monday, July 31st – 4P/530P

ST&BF Steps to Survivorship w/Urban Poling Option!

Walk, jog, or run along a measured course.

RSVP RECOMMENDED in case of changes!

Lakefront Path – Meet near the Pickleball/Tennis Courts at Vollrath Park.

Tim E. Renzelmann – 920.458.7433, 920.457.2223

trenzelmann@physhealthnet.com

MOA/SCBS Cancer Coach

SCCCF Vice President

www.sheboygancancer.com ● www.scccf.org

June, 2023

Events and Activities of the Local Cancer Community



Together we Live with Cancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



Making Sheboygan County
The Healthiest Place
To Survive Cancer!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 FR: Rammer Golf Classic 9A-LSBC
4 NCS D at CF&G	5	6 4/530P-SUP(PU)	7 915A-Qi(PU) 10A-Yoga(PU)	8	9	10 9A-LSBC
11	12	13 445-Qi(PU) 530P-Yoga(PU)	14 10A-CF&G(PPU) 3P-GHwDK(PU) 3P-PBP(PU)	15	16	17 FR: Cars for Cancer 9A-LSBC
18	19	20 TLCSSIP/V-5P TLCSCBF-6P CUMFSpringEnd	21 4/530P-SUP(PU) CUMSumStart	22	23	24 9A-LSBC
25	26	27 TBD-CF&G(PPU)	28	29 TBD-CF&G(PPU) 4P-DtS/PP(PU)	30	

KEY: **CF&G(PPU)** = ST&BF at the Christopher Farm & Gardens (**POP UP-portunities:** Project B.I.R.D. & Daisy Days)
CUMSpringEnd = Cumulative Spring Walk/Run, Row, Ride **END!** See attached for details!
CUMSumEnd = Cumulative Summer Walk/Run, Row, Ride **START!** See attached for details!
DtS/PP(PU) = Drive to Survive (Driving Range) & Putt-Putt (mini golf) at Sunset Hills
GHwDK(PU) = ST&BF Great Heights with Delightful Kites (Deland Park)
LSBC = **LIVESTRONG** Boot Camp (at Sheboygan YMCA – call 920.458.1000 ext 130 for details)
NCS D at CF&G National Cancer Survivors Day at Christopher Farm & Gardens (**Advance RSVP Required**)
PBP(PU) = Pickleball Play (Deland Park, Broughton Dr., Sheboygan)
Qi(PU) = ST&BF Qigong Practice for Cancer Survivors (6/7-Taylor Park)
SUP(PU) = ST&BF Steps to Survivorship w/Urban Poling Option (6/6-Shoreline 400, 6/21-Deland Park)
TLCSCBF = TLC Survivorship Can Be Fun Game Gathering (TBD)
TLCSSIP/V = TLC Survivorship Session (Peer-to-peer supportive opportunity)
Yoga = ST&BF Gentle Yoga for Cancer Survivors (**CORRECTION: SESSIONS AT TAYLOR PARK**)
FR-Cars for Cancer = **FUNDRAISER** Cars for Cancer with the Wisconsin Camaro Club
FR-Rammer Golf Classic = **FUNDRAISER** Scamble Outing at Riverdale CC benefitting SCCC

NOTE: **IP/V** = Indicates activities that are available as BOTH In Person (Live) & Virtual (via Zoom) participation.
Virtual Activities (via Zoom): ZOOM Meeting ID: 833 9821 3314, PASSCODE: 892356
Zoom Link: <https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

RSVP is STRONGLY RECOMMENDED for ALL ACTIVITIES as last-minute changes may occur!



PU (POP UP-portunities): RSVP is STRONGLY RECOMMENDED!
Changes (due to weather or other factors) and additional activities will be communicated via e-mail to registered participants and the "POP UP-portunities" e-mail list!

To RSVP or more info: Tim – 920.457.2223 or trenzelmann@physhealthnet.com

July, 2023

Events and Activities of the Local Cancer Community



Together we Live with Cancer!
 Matthews Oncology Associates
 Sheboygan Cancer & Blood Specialists
 Sheboygan Physicians Group



Making Sheboygan County
 The Healthiest Place
 To Survive Cancer!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9A-LSBC
2	3 MOA/SCBS CLOSED	4 MOA/SCBS CLOSED 730A-StS/FR	5 4/530P-StS	6	7	8 9A-LSBC
9	10 4P-DtS 5P-PP	11 8A-PBP(+) 10A-StS(+)	12 4P-WWG@CFG 5P-Qi@CFG 6P-GG@CFG	13	14	15 9A-LSBC
16	17	18 5P-TLCS 6P-TLCGG	19 3P-PBP(+) 4P-StS(+)	20	21	22 9A-LSBC
23	24 3P-PBP(+) 4/530P-StS(+)	25	26 10AM-DtS 11A-PP	27	28	29 9A-LSBC
30	31 3P-PBP(+) 4/530P-StS(+)	See NOTES (below) regarding additional ST&BF "POP UP-portunities" and CF&G Projects! RSVP is STRONGLY RECOMMENDED to be notified of changes/updates/cancellations!				

- KEY:**
- DtS** = Drive to Survive (Driving Range) at Sunset Hills Golf Course
 - GHwDK** = Great Heights with Delightful Kites (7/17-Deland, 7/31-Firehouse, contingent on weather/conditions)
 - LSBC** = LIVESTRONG Boot Camp at Sheboygan YMCA – call 920.458.1000 ext 130 for details
 - PBP** = Pickleball Play (7/11-Deland, 7/19-Deland, 7/24-Vollrath, contingent on court availability)
 - PP** = Putt-Putt (mini golf) at Sunset Hills
 - Qi** = Qigong Practice for Cancer Survivors (6/12-CF&G,)
 - TLCGG** = TLC Game Gathering (6/12 – CF&G, 6/28 – MOA/SCBS)
 - TLCSSIP/V** = TLC Survivorship Session (Peer to Peer Support Group) at MOA/SCBS
 - StS/FR** = Steps to Survivorship – Freedom Run/Walk at Sheboygan YMCA – Fee Required)
 - StS** = Steps to Survivorship (7/5-Shoreline 400,7/11 & 17-Deland, 7/24-Vollrath)
 - WWG** = Wander the Wonderful Gardens (at Christopher Farm & Gardens)
 - (+)** = Venue may offer additional activities – i.e., kites, qigong, etc. (details communicated via e-mail)
 - CF&G** = Christopher Farm & Gardens – See NOTE below regarding Tweety B.I.R.D., Daisy Days Projects!

NOTE: **IP/V** = Indicates activities that are available as BOTH In Person (Live) & Virtual (via Zoom) participation.
Virtual Activities (via Zoom): ZOOM Meeting ID: 833 9821 3314, PASSCODE: 892356
 Zoom Link: <https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

RSVP is STRONGLY RECOMMENDED for ALL ACTIVITES as last-minute changes may occur!



Additional "POP UP-portunities" may be added and any last-minute changes/cancellations will be communicated via e-mail to registered participants and those on the "POP UP" e-mail list (contact Tim)!

To RSVP or more info: Tim – 920.457.2223 or trenzelmann@physhealthnet.com

NOTES:

- Other ST&BF POP UP-portunities and CF&G Projects (Project Tweety B.I.R.D. and Daisy Days) – Dates and details will be scheduled and communicated via the "POP UP" e-mail list. Contact Tim for details.
- Outdoor ST&BF activities are contingent on weather/conditions and may be cancelled/rescheduled .



Together we **L**ive with **C**ancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group

TLC offers opportunities to connect with other area cancer patients/survivors and co-survivors in a casual and supportive setting!

Tuesday, July 18th!

4:30P to 5:00P – Casual Meet & Greet

Survivorship Session

5:00P to 6:00P

Featured Survivor:

Kirstin Opgenorth,
APSW, SAC-IT

The Importance of Support & Connection During Difficult Times!

Those difficult times may start with a cancer diagnosis, but the importance of support and connection continues long after treatment has ended!

Survivorship Can Be

Fun Game

Gathering:

TLC “Pictionary”!

6:00P to ???

Join us for this version of TLC “Pictionary”! Play with us or just join us, laugh with us, and have some fun!

Join In-Person or Virtually Via Zoom!

Advance RSVP for RECOMMENDED and always APPRECIATED!

Meeting ID: 833 9821 3314, PASSCODE: 892356

<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

**LOCATION: Matthews Oncology Associates ● Sheboygan Cancer & Blood Specialists
1621 N. Taylor Drive, Sheboygan ● Second Floor Conference Room**

● For More Info and to RSVP: trenzelmann@physhealthnet.com or call 920-457-2223 ●

Friday and/or Saturday, August 18th to 19th

A "WANDER-thon"

At the Christopher Farm & Gardens!

A 24-Hour Fundraising Event Benefiting the Sheboygan County
Cancer Care Fund

"Wander the Wonderful
Gardens"

and experience all the gardens
have to offer with:

- Wellness Opportunities
- Group activities
- Ride on the Dairyland Express: 16-inch gauge amusement park train
- Tours by CF&G staff
- Amazing donated food
- AND SO MUCH MORE!!!

Single Day

Participation:

Friday - 2PM to 10PM
or Saturday - 6AM to
2PM

Space is LIMITED!

Two-Day:

Friday at 2PM to
Saturday at 2PM:
with options to camp
out at CF&G

**Sheboygan County
Cancer Care Fund**

For Details and
Registration visit
www.scccf.org/events
or call 920.457.2223

Donate at
www.scccf.org/donate

Accept the challenge
and register now!!!



Waiver Of Liability

In consideration of the acceptance of my entry in the Freedom Run on July 4, 2023 I release the Sheboygan County YMCA, Bolgert Mediation, Plenco, Navigen Wealth Management, Rockline Industries, Kwik Trip, Festival Foods, Zimmermann Printing, the City of Sheboygan, Wisconsin and any other entities and individuals who are in any way connected with the event (including volunteers assisting with the event) from any liability or claims for any injury or illness which I sustain during my participation in this event or which is in any other way related to this event.

I understand that this release is being relied upon by the persons permitting me to participate. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature _____

Parent/guardian signature if entrant is under 18.

Payment

- Cash
- Check # _____
- Credit Card
 - Account # _____
 - Exp Date _____ Security Code _____
 - Print Name _____
 - Signature _____

This event was made possible by support from:

Major Event Sponsor



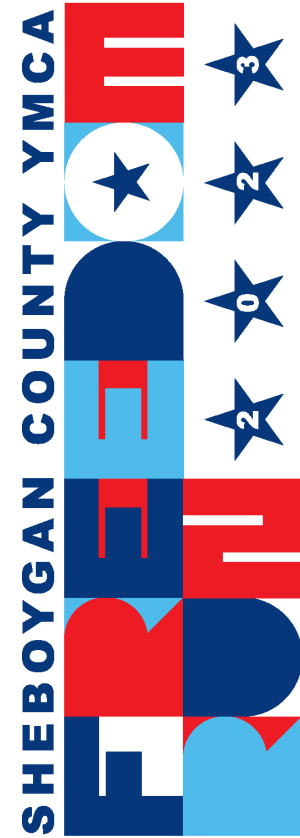
Event Sponsors



Healthy Refreshment Sponsor:



Printing generously donated by



2 MILE WALK | 2 MILE RUN | 5 MILE RUN



**TUESDAY
JULY 4, 2023
SHEBOYGAN YMCA**

START TIME 7:30AM

Events

2 Mile Walk • 2 Mile Run • 5 Mile Run

- Walkers will not be timed.
- Race scored on chip time.

Entry Fee • Includes dri fit T-Shirt

\$20.00 Walk • \$25.00 Run • \$20 Virtual event

Information

- T-shirt availability cannot be guaranteed after Friday, June 16, 2023.
- People who are pre-registered may pick up their race packets at the Sheboygan YMCA on Monday, July 3 from 12:00pm - 7:00pm.
- There is an additional charge of \$5.00 for registrations after June 16 .
- Race day registration & packet pick-up is at the Sheboygan Y from 6:15am - 7:15am.

Award Age Divisions

6 & under	7-8	9-10	11-12	13-14
15-16	17-19	20-24	25-29	30-34
35-39	40-44	45-49	50-54	55-59
60-64	65-69	70-74	75-79	80+

Awards

- Awards will be given to the overall male and female winners in the 2 mile and 5 mile run and the 1st, 2nd and 3rd place finishers in each age group.
- Participation ribbons will be given to all youth age 12 and under.

Results

Results will be posted at the Sheboygan YMCA and at www.sheboygancountyymca.org. Results will not be mailed.

Directions From I-43

Take the Hwy 23 exit east, which becomes Kohler Memorial Drive and eventually Erie Avenue. Turn right on 6th Street, go six blocks to Pennsylvania Avenue, turn left three blocks to Broughton Drive. The Sheboygan YMCA is three blocks north.



Registration Options

- 1. On-line at www.runsignup.com.** Search: Sheboygan YMCA Freedom Run. Additional fees will apply.
- You may also find the link on our website www.sheboygancountyymca.org.
- 2. Scan and email** registration form and waiver with your credit card information to harpke@sheboygancountyymca.org.
- 3. In person** at the Sheboygan YMCA or the Sheboygan Falls YMCA.
- 4. Fax** registration form and waiver with your credit card information to 920-451-8019.
- 5. Mail** to the Sheboygan YMCA at the address listed on the registration form.

Showers

Showers will be available at the Sheboygan YMCA until 11:00am to all entrants after the event. Please remove all personal belongings by 11:00am.

Event Proceeds

Don't miss the 39th annual Freedom Run Event! Your participation benefits the YMCA Partners with Youth Program, which provides Y member scholarship to at risk youth & teens.

Questions and Additional Forms

- Call the Sheboygan YMCA at 920-451-8000
- Email harpke@sheboygancountyymca.org

Download additional registration forms from our website www.sheboygancountyymca.org.

2023 Sheboygan YMCA Freedom Run One form per entrant. Please print.

Name _____

Address _____

City _____ State _____

Zip _____ Phone # _____

Birth Date _____ M F

Email _____

Age as of 7/4/23 _____

Event		T-Shirt Size	
<input type="checkbox"/>	2 Mile Walk	<input type="checkbox"/>	Youth SM 6-8
<input type="checkbox"/>	2 Mile Run	<input type="checkbox"/>	Youth MD 10-12
<input type="checkbox"/>	5 Mile Run	<input type="checkbox"/>	Youth LG 14-16
<input type="checkbox"/>	Virtual 2/5 mile run/walk	<input type="checkbox"/>	Adult SM
		<input type="checkbox"/>	Adult MD
Entry Fee+		<input type="checkbox"/>	Adult LG
<input type="checkbox"/>	\$20.00 Virtual	<input type="checkbox"/>	Adult XL
<input type="checkbox"/>	\$20.00 Walk	<input type="checkbox"/>	Adult XXL*
<input type="checkbox"/>	\$25.00 Run	<i>*add \$3.00 for XXL shirts</i>	
<i>+add \$5.00 after 6/16</i>			

To make the registration process easier, we have added on-line and scan/email options! Please see registration options in the middle column.



SHEBOYGAN YMCA

812 Broughton Dr, Sheboygan, WI 53081
P 920-451-8000 • F 920-451-8019



LIVESTRONG

AT THE YMCA

The Sheboygan County Cancer Care Fund,
The Sheboygan County YMCA,
And Area Cancer Patients/Survivors Are

Making Sheboygan County the Healthiest Place to Survive Cancer!

Active Survivors of Sheboygan (A.S.S.) **OR Active Survivors of Sheboygan's incredible support team (A.S.S.i.s.t.) Activity Log!**

Earn a Spot on the A.S.S. or A.S.S.i.s.t. Team (Olympian, Varsity, Junior Varsity, Team Member) based on how many days per month you exercise for 30-minutes or more!

Eligible Participants: A.S.S. Team is open to area cancer patients/survivors ONLY! A.S.S.i.s.t. Team is Open to Co-Survivors (must be a guest of a participating A.S.S. Team Member) and local oncology professionals.

- 1) You choose the activity, the duration, and the intensity of your daily activity.
- 2) Record your activity on the A.S.S. log and verify that you have completed at least thirty minutes of exercise/activity (and if you attended a scheduled in-person LIVESTRONG or Survive, Thrive & Be Fit activity that day).
- 3) **20+ "Yes" checks/month = 5 pts. 16 to 19 = 3 pts. 12 to 15 = 2 pts. 8 to 12 = 1pt.**
- 4) 3-month average: Gold/Olympian = 4.00+, Silver/Varsity = 3.00-3.99, Bronze/Junior Varsity = 2.00-2.99, Team Member = 1.00-1.99

Cumulative Walk/Run, Row, and/or Bike Log!

Walk/Run 26.2 miles, Row 100 kilometers, and/or Bike 100 miles cumulatively (in as many or as few days as you want). Complete one, two, or all three events each season.

Eligible Participants: Area cancer patients/survivors, co-survivors (must be the guest of a participating survivor), and local oncology medical professionals.

- 1) Accumulate 26.2 miles/42.2 kilometers walk/run, 100-kilometers/62-miles rowing, and/or 100-miles/161 kilometers biking during each season (Winter, Spring, Summer, and Fall).
- 2) Record and total your daily distances on the attached log. You only need to record until you reach the event distance(s) for each event and/or season.
- 3) **You may "finish" one, two, or all three events** (run/walk, row, bike). Remember to carry monthly totals over during seasonal events if necessary (winter, spring, summer, fall).

*Submit current logs monthly (preferred) or by 4/15, 7/15, 10/15, and 1/15
to be included in updates and incentives.*

Mail: Survive, Thrive & Be Fit, 1621 N. Taylor Drive, St. 100, Sheboygan, WI 53081

E-mail: Send scanned/photographed copies to trenzelmann@physhealthnet.com

Contact: SCCC ST&BF – Tim E. Renzelmann, trenzelmann@physhealthnet.com, 920.457.2223
YMCA LIVESTRONG – Carrie or Denice, 920.451.8004, ext 130

Name:			Phone:		<h1>JUNE, 2023</h1>						
<input type="checkbox"/> Survivor <input type="checkbox"/> Co-Survivor <input type="checkbox"/> Medical Caregiver											
Active Survivors of Sheboygan				I exercised 30-minutes or more today?	I attended a LIVESTRONG or ST&BF Activity?	Cumulative Run/Walk, Row, Bike:					
Date	Day	Activity/Comments				Run/Walk: <input type="checkbox"/> 26.2 miles <input type="checkbox"/> 42.2 kilometers	Row: <input type="checkbox"/> 62.1 miles <input type="checkbox"/> 100 kilometers	Bike: <input type="checkbox"/> 100 miles <input type="checkbox"/> 161 kilometers			
<i>Season Cumulative Carryover from Previous Month:</i>											
1	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
2	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
3	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
4	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
5	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
6	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
7	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
8	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
9	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
10	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
11	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
12	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
13	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
14	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
15	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
16	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
17	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
18	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
19	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
20	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
Spring Cumulative END / Summer Cumulative START!											
21	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
22	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
23	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
24	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
25	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
26	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
27	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
28	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
29	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
30	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
TOTAL											

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Submit logs monthly or no later than April 15, July 15, October 15 and January 15! Scan/photograph and e-mail to trenzelmann@physhealthnet.com or drop off/mail to SCCC ST&BF, 1621 N. Taylor Ste 100, Sheboygan, WI 53081.

Details at www.scccf.org or call Tim at 920.457.2223.

Name:			Phone:		<h1>JULY, 2023</h1>						
<input type="checkbox"/> Survivor <input type="checkbox"/> Co-Survivor <input type="checkbox"/> Medical Caregiver											
Active Survivors of Sheboygan				I exercised 30-minutes or more today?	I attended a LIVESTRONG or ST&BF Activity?	Cumulative Run/Walk, Row, Bike:					
Date	Day	Activity/Comments				Run/Walk: <input type="checkbox"/> 26.2 miles <input type="checkbox"/> 42.2 kilometers	Row: <input type="checkbox"/> 62.1 miles <input type="checkbox"/> 100 kilometers	Bike: <input type="checkbox"/> 100 miles <input type="checkbox"/> 161 kilometers			
<i>Season Cumulative Carryover from Previous Month:</i>											
1	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
2	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
3	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
4	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
5	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
6	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
7	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
8	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
9	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
10	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
11	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
12	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
13	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
14	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
15	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
16	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
17	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
18	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
19	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
20	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
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22	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
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26	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
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28	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
29	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
30	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
31	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
TOTAL											

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Name:			Phone:		<h1>AUGUST, 2023</h1>						
<input type="checkbox"/> Survivor <input type="checkbox"/> Co-Survivor <input type="checkbox"/> Medical Caregiver											
Active Survivors of Sheboygan				I exercised 30-minutes or more today?	I attended a LIVESTRONG or ST&BF Activity?	Cumulative Run/Walk, Row, Bike:					
Date	Day	Activity/Comments				Run/Walk: <input type="checkbox"/> 26.2 miles <input type="checkbox"/> 42.2 kilometers	Row: <input type="checkbox"/> 62.1 miles <input type="checkbox"/> 100 kilometers	Bike: <input type="checkbox"/> 100 miles <input type="checkbox"/> 161 kilometers			
<i>Season Cumulative Carryover from Previous Month:</i>											
1	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
2	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
3	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
4	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
5	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
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9	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
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11	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
12	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
13	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
14	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
15	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
16	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
17	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
18	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
19	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
20	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
21	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
22	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
23	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
24	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
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Details at www.scccf.org or call Tim at 920.457.2223.

Name:			Phone:		<h1>SEPTEMBER, 2023</h1>						
<input type="checkbox"/> Survivor <input type="checkbox"/> Co-Survivor <input type="checkbox"/> Medical Caregiver											
Active Survivors of Sheboygan				I exercised 30-minutes or more today?	I attended a LIVESTRONG or ST&BF Activity?	Cumulative Run/Walk, Row, Bike:					
Date	Day	Activity/Comments				Run/Walk: <input type="checkbox"/> 26.2 miles <input type="checkbox"/> 42.2 kilometers	Row: <input type="checkbox"/> 62.1 miles <input type="checkbox"/> 100 kilometers	Bike: <input type="checkbox"/> 100 miles <input type="checkbox"/> 161 kilometers			
Season Cumulative Carryover from Previous Month:											
1	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
2	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
3	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
4	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
5	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
6	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
7	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
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11	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
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15	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
16	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
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18	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
19	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
20	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
21	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
22	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
Summer Cumulative END / Fall Cumulative START!											
23	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
24	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
25	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
26	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
27	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
28	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
29	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
30	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
TOTAL											

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