

Survive, Thrive & Be Fit!

2023 A.S.S. Team

Active Survivors of Sheboygan for Cancer Patients/Survivors!

2032 A.S.S.i.s.t. Team (NEW)

Active Survivors of Sheboygan incredible support team for co-survivors and caregivers!

| Yr | Survivor-Athlete | J | F | M | A | M | J | J | A | S | O | N | D | Avg. |
|----|------------------------|---|---|---|---|---|---|---|---|---|---|---|----|------|
| 10 | Cindy Becker | 5 | 5 | 5 | | | | | | | | | 15 | 5.0 |
| | Kathy Burch | 5 | 5 | 5 | | | | | | | | | 15 | 5.0 |
| 6 | Bob Hartig | 5 | 5 | 5 | | | | | | | | | 15 | 5.0 |
| 9 | Leah Heusterberg | 5 | 5 | 5 | | | | | | | | | 15 | 5.0 |
| | Nancy Josiah | 5 | 5 | 3 | | | | | | | | | 13 | 4.3 |
| 7 | Bev Leonhard | 5 | 5 | 5 | | | | | | | | | 15 | 5.0 |
| 10 | Candy Meyer | 5 | 5 | 5 | | | | | | | | | 15 | 5.0 |
| 10 | Diane Micoliczyk | 5 | 5 | 5 | | | | | | | | | 15 | 5.0 |
| 4 | Sharon Pentek | 5 | 5 | 5 | | | | | | | | | 15 | 5.0 |
| 10 | Tim Renzelmann | 5 | 5 | 5 | | | | | | | | | 15 | 5.0 |
| 1 | John Seaman | 5 | 3 | 5 | | | | | | | | | 13 | 4.3 |
| 1 | Cindy Walvoord | 5 | 5 | 5 | | | | | | | | | 15 | 5.0 |
| 3 | Rae-Ellen Weber | 5 | 5 | 5 | | | | | | | | | 15 | 5.0 |
| 5 | Sue Zalewski | 5 | 5 | 5 | | | | | | | | | 15 | 5.0 |
| | <i>Your Name Here?</i> | | | | | | | | | | | | | |
| Yr | Co-Survivor | J | F | M | A | M | J | J | A | S | O | N | D | |
| R | Bernard Pentek | 5 | 5 | 5 | | | | | | | | | 15 | 5.0 |
| R | Becker, Bruce | | | 5 | | | | | | | | | 5 | 5.0 |
| | <i>Your Name Here?</i> | | | | | | | | | | | | | |
| Yr | Medical Caregiver | J | F | M | A | M | J | J | A | S | O | N | D | |
| R | Kayla Brigikt, RN | 1 | 1 | 1 | | | | | | | | | 1 | 1.0 |
| | <i>Your Name Here?</i> | | | | | | | | | | | | | |

- A.S.S. & A.S.S.i.s.t. Logs through June 30th are Due on July 15th for our next official update!
- For details about Active Survivors of Sheboygan (A.S.S.) and A.S.S.i.s.t., see attached flyer or contact Tim (920.457.2223).

Survive, Thrive & Be Fit!

2023 Cumulative Walk/Run, Row, Bike

Open to Cancer Patients/Survivors, Co-Survivors, Medical Caregivers

| Category→ | Patients/Survivors | | | | | | | | | | | | | | | 2023 Finishes | Lifetime Finishes |
|---------------------|--|-------|------|----|----|-------------------|------|------|----|----|---------------|------|------|----|----|---------------|-------------------|
| Event→ | 26.2-mile Walk/Run | | | | | 100-kilometer Row | | | | | 100-mile Bike | | | | | | |
| Season→ | F | Wi | Sp | Su | Fa | F | Wi | Sp | Su | Fa | F | Wi | Sp | Su | Fa | | |
| Cindy Becker | 0 | 2/14 | | | | | | | | | | | | | | 1 | 1 |
| Mike Brachmann | | | | | | 0 | 1/31 | | | | 0 | 1/31 | | | | 2 | 2 |
| Kathy Burch | 6 | 1/15 | | | | 0 | 1/25 | | | | 0 | 2/8 | | | | 3 | 9 |
| Bob Hartig | | | | | | | | | | | 6 | 1/8 | 3/29 | | | 2 | 8 |
| Jennifer King | | | | | | 0 | 1/28 | | | | | | | | | 1 | 1 |
| Sharon Pentek | 3 | 1/9 | 3/27 | | | | | | | | | | | | | 2 | 5 |
| Tim Renzelmann | 7 | 2/26 | 4/9 | | | 0 | 1/6 | 4/12 | | | 1 | 3/2 | | | | 5 | 13 |
| John Seaman | 1 | 2/24 | | | | 0 | 1/18 | | | | | | | | | 2 | 3 |
| Cindy Walvoord | 7 | 12/28 | | | | 0 | 1/16 | | | | | | | | | 2 | 9 |
| Rae-Ellen Weber | 2 | | | | | | | | | | 7 | 2/12 | | | | 1 | 10 |
| Sue Zalewski | 7 | 2/19 | | | | 0 | 1/21 | | | | | | | | | 2 | 9 |
| Your Name? | | | | | | | | | | | | | | | | | |
| TOTAL (2023) | | 7 | 2 | | | | 7 | 1 | | | | 5 | 1 | | | 23 | |
| Category→ | Co-Survivors (Guests of Participating Survivors) | | | | | | | | | | | | | | | 2023 Finishes | Lifetime Finishes |
| Season→ | 26.2-mile Walk/Run | | | | | 100-kilometer Row | | | | | 100-mile Bike | | | | | | |
| Name | F | Wi | Sp | Su | Fa | F | Wi | Sp | Su | Fa | F | Wi | Sp | Su | Fa | | |
| Bernie Pentek | 3 | 1/9 | 3/27 | | | | | | | | | | | | | 2 | 5 |
| Your Name? | | | | | | | | | | | | | | | | | |
| TOTAL (2023) | | 1 | 1 | | | | | | | | | | | | | 2 | |
| Category→ | Medical Caregivers | | | | | | | | | | | | | | | 2023 Finishes | Lifetime Finishes |
| Season→ | 26.2-mile Walk/Run | | | | | 100-kilometer Row | | | | | 100-mile Bike | | | | | | |
| Name | F | Wi | Sp | Su | Fa | F | Wi | Sp | Su | Fa | F | Wi | Sp | Su | Fa | | |
| MaryBeth Herrmann | 0 | 1/21 | | | | | | | | | 0 | 1/28 | | | | 2 | 2 |
| Mary Schueller | 7 | 12/28 | 3/23 | | | | | | | | | | | | | 2 | 9 |
| Your Name? | | | | | | | | | | | | | | | | | |
| TOTAL (2023) | | 2 | 1 | | | | | | | | | 1 | | | | 4 | |

Explanation: F=Finishes prior to 2023. Wi=Winter 2023, Sp=Spring 2023, Su=Summer 2023, Fa=Fall 2023

- SPRING CUMULATIVE Event ended on June 20th and logs are due on July 15th (our next official update).
- For details about the CUMULATIVE Events, see attached flyer or contact Tim (920.457.2223)!