

AUG25

— Fox Cities — **SPORTS**

Jordan
Crawford

Where Speed
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Cover photo submitted

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Real Estate Update

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4 bed, 3.5 bath, 3 car, 4668 sq ft, 3.03 acres, built 1995						
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3 bed, 2.5 bath, 3 car, 1804 sq ft, .31 acres, built 2005						
50306737	Active - Offer, No Bump	Single Family Home	\$185,000	2112 Wisconsin Ave.	New Holstein	New Holstein
4 bed, 2 bath, 2 car, 1652 sq ft, .22 acres, built 1915						
50309038	Active - No Offer	Single Family Home	\$884,900	N994 North Rd.	Hortonville	Hortonville
3 bed, 2.5 bath, 3 car, 3200 sq ft, 5.11 acres, built 2023						
50310428	Active - No Offer	Single Family Home	\$430,000	1334 W Cloverdale Dr.	Appleton	Appleton
5 bed, 3.5 bath, 2 car, 3219 sq ft, .23 acres, built 1983						
50306466	Active - No Offer	Commercial	\$249,900	21 W Arndt St.	Fond du Lac	Fond du Lac
Commercial listing - 15,000 sq ft, built 1918						
50310696	Active - No Offer	Single Family Home	\$385,000	W6074 Blazing Star Dr.	Appleton	Appleton
3 bed, 3 bath, 2 car, 2128 sq ft, .39 acres, built 1999						
50311006	Active - No Offer	Single Family Home	\$310,000	N2694 County Road E	Appleton	Appleton
4 bed, 2 bath, 1 car, 1678 sq ft, 1.09 acres, built 1957						

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From the Publisher



I was recently called sedentary by a friend of mine. I didn't think so, but right then and there I vowed to get a dictionary and find out.

Let me start by saying that I admire runners. I respect your commitment, your discipline, your calf muscles. But as for me? No, thank you. I see those bumper stickers on cars – 26.2, 13.1, 50k, 100k – and I think, “Is that the distance you ran ... why?”

I understand that some people run for health, stress relief, they have a deep spiritual connection to nature – or because someone is chasing them. All valid reasons. But I, personally, do not believe in subjecting myself to intense cardiovascular activity unless there is a buffet at the other end. Or a bear, in which case I only need to be faster than my wife.



I've even seen 0.0 stickers, proudly declaring, “I don't run.” (Where can I get one of those?) Walking, now that's my pace. A few weeks ago, I walked nine miles in 2.5 hours. (I did, seriously!) That's a pace of 3.6 miles per hour, not bad for a 64-year-old guy with arthritic knees and a bad heart.

Boasting about my impressive effort, however, came to a crashing halt when I met our cover athlete, Jordan Crawford. A medalist at the 2024 Olympic Trials in 20km Race Walk, Jordan said he typically competes at a 7.0-7.5 miles-per-hour pace – which means he would have done my nine miles in just over an hour.

Running enthusiasts often say, “It's addictive!” Yes, and so are donuts and Diet Pepsi, and I don't have to put on compression socks or wake up at 5 a.m. to eat and drink them.

But I salute you, runners. You, with your GPS watches, \$500 running shoes, and foot blisters. You willingly engage in an activity that your ancestors did only when being chased by saber-toothed tigers. Now you do it for fun. Bold move.

As it turns out, I'm not at all sedentary. That being said, I'll be cheering you on from the sidelines, Diet Pepsi in hand, pretending I just finished a very intense session of... Sudoku. ■

Dale

— Fox Cities — SPORTS

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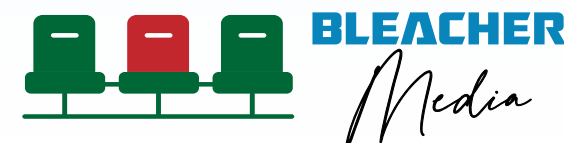
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dale@foxcitiessports.com.

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Laced for Success: Why the Right Shoes Matter for Student Athletes

BY DR. JAY CHRISTENSEN, NORTH SHORE FOOT & ANKLE

As a student athlete, you train hard, push limits, and aim for peak performance. But if you're not wearing the right shoes for your sport—or if those shoes are worn out—you could be setting yourself up for injury, not success.

At North Shore Foot & Ankle, I often treat young athletes with preventable foot and ankle injuries, and many of them start with one thing: improper footwear. Here's what every athlete should know before lacing up.

SPORT-SPECIFIC SHOES AREN'T OPTIONAL

Each sport puts unique stress on your feet and ankles. Basketball requires quick stops and jumps, demanding shoes with strong ankle support. Soccer cleats are designed for traction on grass.



Runners need lightweight, shock-absorbing shoes. Cross-training in the wrong footwear increases your risk for sprains, stress fractures, and chronic pain.

Wearing shoes made for your sport ensures proper support, balance, and protection. It can also improve your performance by helping you move more naturally and efficiently.

IS IT TIME TO REPLACE YOUR SHOES?

Even the best shoe doesn't last forever. Over time, the midsole breaks down, tread wears out, and support weakens—often before you notice discomfort.

Here are signs it's time for a new pair:

- **Uneven wear on the sole** or visible tread loss
- **New aches or pains** in the feet, shins, knees, or hips
- **Compressed or creased midsole** (the cushioning looks flat or feels hard)
- **Fraying fabric or loose support around the heel**
- **More than 300-500 miles** for running shoes or a full sports season for cleats and court shoes

Remember: If your shoes are showing wear, so are your joints.

PROPER FIT IS NON-NEGOTIABLE

Shoes that are too tight can cause blisters, ingrown toenails, and nerve pain. Shoes that are too loose lead to instability and increased risk of ankle sprains. The right shoe should feel snug in the heel and midfoot but leave room to wiggle your toes.

When trying on shoes:

- Shop at the end of the day when your feet are slightly swollen
- Wear the socks you'll train in
- Walk, jump, and move in the store—comfort and support are key from the start

DON'T IGNORE PAIN

Pain is not part of the game. If you're experiencing discomfort even in the "right" shoes, you may need custom support. At North Shore Foot & Ankle, we help athletes identify their foot structure and movement patterns to ensure they're not just wearing the right shoes—but the right shoes for *their* feet.

PROTECT YOUR GAME FROM THE GROUND UP

Your feet are your foundation. Keeping them healthy starts with the right shoes. Don't let the wrong pair sideline your season.

Schedule an evaluation with **Dr. Jay Christensen at North Shore Foot & Ankle** to make sure you're stepping into your sport with the right support ■



Dr. Christensen has been practicing in Wisconsin since 2015 and is board certified by the American Board of Foot and Ankle Surgeons for both foot and ankle surgery. He received his medical degree from the Dr. William M. Scholl College of Podiatric Medicine at Rosalind Franklin University of Medicine and Science in Chicago, and completed an intensive Podiatric Medicine and Surgical Residency at Wheaton Franciscan Healthcare - St. Joseph's Hospital in Milwaukee.

INSIDE AUG



12-15

JORDAN CRAWFORD

Jordan recalls, "One of the best pieces of advice I ever got from a coach was simple but powerful: Have fun out there. That mindset changed how I approach not just competitions, but the long-term journey of being an athlete."



7

WHAT IS REALLY IMPORTANT IN YOUTH SPORTS?

There are so many positive character traits developed and lessons learned in youth sports today!



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SCHOOL BUS DRIVER SHORTAGE

The need for buses to run as scheduled is crucial. However, in recent years, hiring and retaining enough drivers to meet the needs of all the schools in the Fox Valley has become increasingly challenging.

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20 QUESTIONS WITH NOLAN GRUNWALD

9-time North American Sport Karate Association (NASKA) World Champion.

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WINNECONNE YOUTH ARCHERY

A culture built on encouragement and grit.

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ONE-ON-ONE WITH CASSIE KOTTKE

You are never too young or too old to go after your dreams.

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OUTSIDE THE LINES

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Ham and Cheese Scones

BY KIRSTEN RICE

(We are a gluten-free household and we love making scones with any GF flour.)

INGREDIENTS

- 2 cups all-purpose flour
- 1 tablespoon sugar
- 1 tablespoon baking powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon kosher salt
- 1/2 cup unsalted butter, cut into cubes
- 3/4 cup buttermilk (make your own by adding a Tbsp of vinegar to a cup of milk and letting it sit for 5 minutes)
- 1 cup shredded cheddar cheese
- 1/3 cup diced ham
- 2 tablespoons chopped fresh chives

DIRECTIONS

- Preheat oven to 425 degrees F. Line a baking sheet with parchment paper or a silicone baking mat; set aside.
- In a large bowl, combine flour, sugar, baking powder, garlic powder and salt. Add cold butter, using your fingers to work the butter into the dry ingredients until it resembles coarse crumbs.
- Stir in buttermilk, cheese, ham and chives until a soft dough forms.



- Working on a lightly floured surface, knead the dough 3-4 times until it comes together. Using a rolling pin, roll the dough into an 8" circle, about 1-inch thick, and cut into 8 wedges.
- Place scones onto the prepared baking sheet. Place into oven and bake for 18-20 minutes, or until firm to the touch and lightly browned.
- Serve warm or reheat. ■

Kirsten Rice is the Operations Director at the Ogden YMCA and Valley Tennis Center. She has her bachelor's degree from Michigan State University in Kinesiology with an emphasis in Health Promotion Specialization. She is a certified personal trainer through the American College of Sports Medicine and a Certified Group Exercise Instructor. She has been working in the field for 17 years and loves working with clients one on one to achieve their health and wellness goals and teaching to groups as a fitness instructor. If you would like to talk with Kirsten, you can contact her at krice@ymcafoxcities.org.

CORRECTION

It turns out we don't always get it right the first time!

In the *Sports Without Borders* article in the July issue, we incorrectly identified Hank Aaron, Willie Mays, and Miguel Cabrera as the only three players with a lifetime batting average of .300 or better. A reader with a lifelong interest in baseball stats wrote in to tell us many players have achieved that milestone (218 to be exact). The three aforementioned outstanding players did have a career .300 batting average, but are also the only three with 3000+ hits and 500+ Home Runs in their careers. Thanks for pointing that out Ray!

What Is Really Important in Youth Sports?

BY MATT TEN HAKEN, DIRECTOR OF SPORTS MARKETING, FOX CITIES CONVENTION & VISITORS BUREAU



It seems every week I read another article on the terrible state of youth sports in America. Parents attacking coaches about playing time. Coaches assaulting referees about a bad call. Moms and Dads trying to re-live the glory days through their kids by pushing them too hard. Families doing next to anything to land a college athletic scholarship. These negative stories are rare when you look at the total number of youth athletes, teams, and events, but they tend to garner the most headlines.

On the positive side, it's great to see a youth team win a big championship tournament and post on social media a team photo with their awards and big smiles. Maybe they even make it into a newspaper or magazine!

But if we focus too much on the horror stories or even the wins and losses and championship photos, I think we are missing what might be the most important aspect of youth sports today.

Thanks to advancements in society, every generation has typically had it a little easier than the previous generation. Today's youth are likely not experiencing the level of struggle that older generations did, and it's hard to replace the "grit" that is gained by working through life's challenges. Maybe sports are the best way many youngsters have to experience life's challenges and learn to work through, adapt, and overcome them. Where else in today's society can kids replicate the characteristics that are built during these situations:

- Waking up early to travel for an 8am game and getting your mind and body ready to compete
- Pushing through a hard practice even though you are uncomfortable and your body is sore and tired
- Hearing your coach tell you something you don't want to hear and then working to correct it
- Encouraging a teammate to keep their head up even though things aren't going their way
- Working together to build a cohesive team that does all the little things right on the field
- Building relationships and forming friendships with teammates from different backgrounds
- Handling a tough loss with good sportsmanship even though you may be completely deflated
- Managing emotions during a huge victory and remembering to show respect to your opponents

I could go on. There are so many positive character traits developed and lessons learned in youth sports today. While poor behavior and championship victories grab the headlines and control social media, the real value of youth sports lies in those hard lessons learned along the way. Striving for success, working through challenges, and learning from failures are the experiences that will set up our children for success in whatever life brings their way. ■



Looking to plan a sporting event? *Let us help!*

Contact Matt and Abby at the Fox Cities Convention and Visitors Bureau to discuss ways we can help you plan and promote your event and possibly even help you secure grant funding support!

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Sports Marketing Manager
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TAKE TIME

- ~ Take time to think ~ it is the source of power.
- ~ Take time to read ~ it is the fountain of wisdom.
- ~ Take time to play ~ it is the secret of staying young.
- ~ Take time to be quiet ~ it is the moment to seek God.
- ~ Take time to be aware ~ it is the opportunity to help others.
- ~ Take time to love and be loved ~ it is God's greatest gift
- ~ Take time to laugh ~ it is the music of the soul.
- ~ Take time to be friendly ~ it is the road to happiness.
- ~ Take time to dream ~ it is what the future is made of.
- ~ Take time to pray ~ it is the greatest power on earth.



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Transporting the World's Most Precious Cargo:

How the Bus Driver Shortage Affects Local Sports

BY NICOLE CAMPUZANO



Picture this: It's game day; the team is geared up and ready to play; and they're standing in front of the high school full of excited anticipation, waiting for their ride ... but there's no one to drive the bus.

Over the past several years, a bus driver shortage has made transporting sports teams to and from their events more and more difficult for local bus companies. To better understand this issue and how it might impact sports teams in the Fox Valley, we sat down with Jacob Elsner (Terminal Manager at Kobussen Buses) and Danielle Zimmerman (Hiring and Safety Coordinator at Lamers Bus Lines) to discuss the dilemma.

Every day during the school year, to transport students to and from school, field trips, and sporting events, there are dozens of bus routes that must run efficiently. This requires a team of qualified bus drivers to ensure that students and student-athletes arrive at their destinations safely and on time. As Elsner puts it: "We transport the world's most precious cargo." The need for buses to run as scheduled is crucial. However, in recent years, hiring and retaining enough drivers to meet the needs of all the schools in the Fox Valley has become increasingly challenging.

Both Elsner and Zimmerman cited some common factors in the bus driver shortage they are currently seeing. First, the COVID 19 pandemic sparked many drivers who were near retirement age, or who had already retired but still worked part-time as bus drivers, to leave the profession permanently. Elsner explains that many drivers were nervous about being in an enclosed space with so many other people due to their own personal health concerns. Once the pandemic passed, many of those former drivers chose not to return.

The economy is another factor that makes hiring enough drivers a challenge. Many businesses are currently hiring,

which according to Zimmerman creates a lot of competition among employers seeking employees who have a valid Commercial Driver's License (CDL). When a CDL driver has so many options, driving a school bus might not be the route they take when making career decisions.

Another factor contributing to the bus driver shortage is the perception that driving a bus is a difficult job. Some people are nervous about operating a large vehicle. According to Elsner, if anyone is interested, or even just curious about becoming a bus driver, they can test-drive a bus at their local Kobussen terminal. He says summer is actually one of the best times to become a bus driver because, with schools being out of session, there is more time to train new drivers.

Elsner actually has his CDL and has personally driven bus routes to fill gaps when needed, and he is adamant that driving a bus really isn't as difficult as one might think. He even went so far as to say that he'd rather be in a bus during poor road conditions than in any other type of vehicle because of how well a bus handles.

Dealing with poor behavior from the young riders on buses might also scare some potential drivers away. Dealing with disrespectful kids or unexpected behavior while also safely maneuvering a large vehicle may seem daunting to some people. Zimmerman explains that driving charter buses is especially easy because of how great the kids are. Coaches and chaperones also travel along to the events and do a great job managing kids' behaviors. So a driver who is in charge of charter events will not have to manage those potential issues alone.

To draw employees to apply, Lamers covers the cost to become a bus driver at 100 percent. They also pay for a person to get the CDL and for the cost of a pre-employment

physical examination. To create further ease during onboarding, they help candidates navigate the DMV process and behind-the-wheel training.

Kobussen focuses on recruiting retirees and grandparents or parents of students and student-athletes. They use social media to draw potential new drivers by doing employee spotlights in which current drivers highlight what they love about driving buses. Elsner explained that Kobussen provides other incentives, such as gift cards, to their drivers.

The bottom line is that bus drivers are an essential part of getting kids to and from school and sporting events. Due to the driver shortage, sports teams often have to leave school much earlier than their sporting event begins to avoid interfering with school bus routes, which take precedence over charter buses. This means that student-athletes are missing more time at school than they would if they could leave at a later time.

Both Elsner and Zimmerman mentioned that one effective solution for the driver shortage would be for more coaches to get their CDL in order to drive their teams to and from events. One caveat to this potential solution is that coaches are often also teachers, which means they may not be able to leave their own classrooms early to drive their teams to events. However, employing coaches as bus drivers does provide a unique solution to the problem. Elsner says coaches as drivers is a great option because it provides relief to the bus terminal when it comes to both scheduling and reducing the driver shortage. He says if a coach is also a bus driver, "the sport is covered for the whole season."

Though this seems like a strong solution to the driver shortage problem, some schools have expressed concern over the optics of hiring coaches to drive because it could be viewed as "double-dipping" on the coach's part. However, it's important to remember that any coach who drives a bus will also have to go through the extensive hiring and training process of whichever bus company they work for. They would be a legitimate employee of that company, as well as the school they work for. This requires further personal sacrifice from the coach in the form of time and dedication.

One thing is clear: If upcoming sports seasons are to run smoothly, more drivers are needed. Kobussen confirmed they will need an additional 25 drivers for the 2025-26 school year to sit comfortably. Elsner and Zimmerman encourage anyone interested in becoming a driver to call their local terminal or visit their company websites for more information. It seems that it will take some out-of-the-box thinking and more dedicated drivers to transport the world's most precious cargo wherever they need to go. ■



Nicole Campuzano is an Antigo, Wisconsin native. She earned her bachelor's degree in English Education from the University of Wisconsin-River Falls. She taught high school English Language Arts for several years. She and her family recently relocated to the Fox Valley, where they are enjoying the many exciting opportunities the area has to offer.

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20 QUESTIONS

NOLAN GRUNWALD

JUNIOR, KIMBERLY HIGH SCHOOL
TEAM COMPETITIVE EDGE

MY TOUGHEST RIVAL IS: Don't have one

MY IDOL IS: Jackson Rudolph

SOMETHING THAT WOULD SURPRISE PEOPLE ABOUT ME IS: I am terrified of alligators

MY FAVORITE MUSICAL ARTIST IS: Travis Scott

MY FAVORITE HOME-COOKED MEAL IS: Buffalo Chicken Dip

I WILL NEVER GO: Cave diving

WHAT I LIKE ABOUT MY HOMETOWN IS: Local, family-owned restaurants

I'M PROUD THAT: I am a 9-time NASKA World Champion

IF I RULED THE WORLD: I would make food free

MY MOST MEMORABLE SPORTS MOMENT: Being in the IKSA US Open Night of Champions at Disney World

MY FAVORITE JUNK FOOD: Gushers Fruit Snacks

IF YOU COULD START A NEW COLLECTION, WHAT WOULD YOU COLLECT? Vinyl records

WHAT ARE TWO REASONS YOU LIKE BEING PART OF A TEAM SPORT? Everyone working together to achieve a common goal, and the friendships you build on the team

HOW DO YOUR TEAMMATES MAKE PRACTICE FUN?
By keeping the attitude positive and still having a good time while getting work done

WHAT IS YOUR FAVORITE SONG TO LISTEN TO PRIOR TO COMPETING: One of Wun – Gunna

WHAT QUALITIES MAKE A TEAMMATE A GOOD TEAM CAPTAIN:
Leading by example, not believing they are above the program

WHAT IS THE ONE THING YOU ALWAYS DO AFTER A GOOD PERFORMANCE: Remind myself about all the hard work it took to perform well

WHAT ONE WORD DESCRIBES YOU? Determined

WHO WAS YOUR FAVORITE COACH AND WHY? All of them, because they all helped me grow in some way

WHAT WAS YOUR FIRST-EVER AUTOGRAPH? Jackson Rudolph

WHAT BAND WOULD YOU BE EMBARRASSED TO ADMIT YOU LISTEN TO? Creed



Photo by
Paul Stumpf

A Parent's Perspective

BY NATE GRUNWALD | PHOTO BY PAUL STUMPF



In addition to his participation in martial arts, Nolan competes in track and field for Kimberly High School. His younger brother, Wyatt (age 12) participates in football, basketball, and baseball. Wyatt also trained in martial arts and earned his black belt as well.

As parents who want to support the goals that Nolan has set for himself and to

reach the level of success that he has been fortunate enough to accomplish, we have had to put some of our own hobbies and interests on hold while he pursues his martial arts career. When Nolan was young, we were responsible for making sure he made it to every martial arts class to train. Now he is able drive himself to and from the karate school. For the past 2½ years he has been teaching martial arts, so he generally trains independently before and/or after teaching classes at Conquer Martial Arts.

The biggest reward to having a child who plays sports is watching your child develop confidence and build character. Our philosophy is that athletics is about building confidence and building character. Athletes build confidence when things go well and they accomplish their goals. Conversely, athletes build character when they face adversity. These experiences are going to serve them well as they move into adulthood and pursue their careers.

The biggest challenge we have found is balancing Nolan's martial arts training, teaching martial arts at Conquer Martial Arts in Little Chute, and competing with his responsibility as a student and academics.

Nolan competes across the country and internationally. The North American Sport Karate Association hosts monthly tournaments, which means that we are traveling across the country or internationally four to seven days per month. Despite all the travel requirements for the sport, Nolan has maintained excellent high academic standards and was inducted into the Kimberly High School National Honor Society this past year as a sophomore.

We have told Nolan that his unique opportunity to travel across the country and internationally to compete in martial arts comes with unique responsibilities as well. He has to do his studying for high school classes while traveling through airports, on the airplane, and in the hotels before and after competitions. He also has to make up any missed exams on his own time before and after school.

Nolan has trained at Conquer Martial Arts in Little Chute for the past 11½ years. He is a member of "Team Competitive Edge," a national martial arts team based out of Tennessee. He is a nine-time World Champion on the North American Sport Karate Association tour and a 13-time Wisconsin Sport Karate League champion. He won Grand Champion at the Battle of Atlanta martial arts tournament and performed at the ISKA US Open Night of Champions at Disney World.

AUGUST 2025

Amid those achievements, there was a brief setback. Nolan suffered a dislocated knee in the fall of 2024, an injury that resulted in a torn ligament in his knee. Watching him diligently rehab and return to competition has been one of the most rewarding and reaffirming parts of his martial arts journey. Six weeks after dislocating his knee, he returned to competition and participated in the Diamond Nationals Martial Arts Tournament in Minneapolis, earning a second place finish at one of the country's most prestigious martial arts tournaments.

We have three philosophical approaches to winning and losing:

First, "When you win, you aren't as good as you think you are. And when you lose, you aren't as bad as you think you are."

Second, "You will win some you shouldn't win, and you will lose some you shouldn't lose."

And third, "Over the course of your career, you will know exactly where you stand in relation to your competition."

Nolan is learning perseverance, dedication, and sacrifice. He has worked his way from a 5-year-old white belt novice to a 16-year-old 3rd degree black belt and nine-time World Champion on the North American Sport Karate Association tour. His attention to training through sacrifice and dedication will serve him well regardless of the path he takes after graduating high school.

Martial arts is not a collegiate sport, but it does offer an adult pathway. While martial arts won't be a part of his college decision, Nolan does plan to continue competing on the national martial arts circuit as an adult while he is a college student, and beyond. ■



Photo by Lindsey Little Photography

Racewalker Jordan Crawford

Where Speed and Control Meet

BY DIANE BAST | PHOTOS SUBMITTED



Growing up in Atlanta, Georgia, Jordan Crawford was, he says, “always one of the tallest in my age group.” Naturally, he played basketball and other sports where height can be an advantage.

But by the time he was 10 years old, he wanted to try “something a little more individualized.” His mom signed him up for a recreation league track meet, entering him in the 800-meter and 1600-meter (one-mile) runs.

Instant success for a speedy kid, right? Not so much. “I completed both races but could barely stand after each one,” Jordan recalls.

Defeated? Also not so much. “After the race, a couple of people came up to my mom and me asking if I was interested in this summer track team called E-1 Track Club. Well, sure, why not! So, my mom brought me out to a track practice with them.

“At first,” Jordan says, “I could barely finish any of the reps the other kids were doing. We raced to a local high school two weeks later, and I was hurting badly during the race with a side stitch and all.”

But he didn’t give up. “I came back to practice the next week, and I happened to see some of the kids practicing some kind of funny walking technique. I asked one of the team administrators what that is, and she said it was called racewalking, and the head coach’s son did it a lot at track meets, as did two or three other kids on the team.”

And then came Jordan Crawford’s aha! moment.

RACEWALKING FOR THE WIN

“I told her I wanted to try it, especially if it’s any way I can get a medal at a track meet, because I was in no shape at that point to get a medal in running,” Jordan admits. “So, I started learning a little bit of the form and watched some YouTube videos.

“And then there was a small open track meet that had racewalking where there were only going to be two kids, including myself, in my age group for the racewalk. I ended up winning the age group and securing my first gold medal in any track and field meet.

“From then on, I kept doing racewalking at meets and getting better. The 10-year-old age group raced the 1500-meter distance, and the time of my first race was 11:30. By the end of the season I had qualified for nationals.

“At nationals I stormed out of the gates thinking someone would catch me, but no one did! So in my first year ever, I won gold at the AAU Junior Olympics for the 10-year-old 1500m Racewalk. My time when I crossed the finish line was 8:42.40, almost a 3-minute improvement over the season.”

MATURING MINDSET

“When I first started racewalking at the age of 10,” Jordan says, “my main goal was to win and get medals. At that age, who wouldn’t be enamored by the prospect of gaining a shiny new toy every few weeks, especially in the color gold?”

“Over time, I find myself less worried about medals and more about the journey I’ve taken to get to this point and the ability to teach racewalk technique to others across the Fox Valley region and the country as a whole.

“I find true happiness and lasting fulfillment,” Jordan says, “through a goal of teaching as many as I can the racewalk technique and helping unlock new versions of themselves through physical activity.”

Of course, he hasn’t completely set aside his personal goals. “As an Olympic hopeful, making it to the biggest sports stage in the world would be a dream come true,” Jordan admits.

“In 2024, I placed 3rd in the USA 20km Racewalk at the Olympic Trials in Eugene, Oregon,” he says. “Competing at that level was an incredible experience—the energy, the stakes, the caliber of athletes around me—it was all electric.

“Standing on the podium at a national championship, knowing how much work it took to get there, was a moment I’ll never forget. It felt like a validation of all the years of training, setbacks, and comebacks. That race didn’t just test my fitness; it reminded me how far I’ve come and how much more I’m capable of. It lit a fire that still drives me today.

“Nonetheless,” Jordan says, “that is not my only goal. I would say on a personal level, creating the best version of myself through racewalking and helping others do so as well” are the goals that motivate him the most.



2024 USA Mixed Marathon Relay Team Trials in San Diego, CA.

ACCEPTING THE GRIND

Sometimes, Jordan admits, it can take a lot to stay motivated.

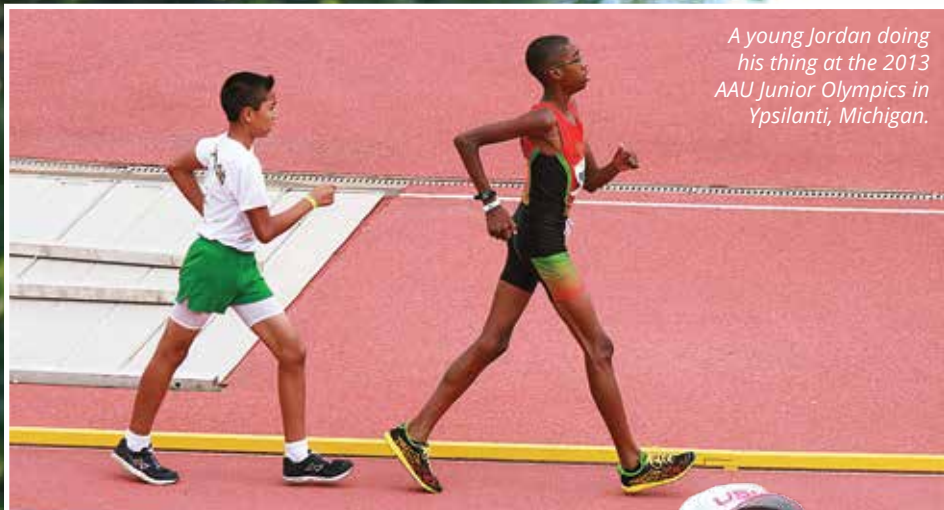
“One of the biggest challenges in my sport is the number of miles I must do to keep up with the fitness I want to be at,” he says. “My usual mileage throughout the year ranges from 70 to 110 miles per week. This means a lot of double workout days where I racewalk at 5 am before and 6 pm after work. Then throw a few lifting sessions in there per week, and you have a packed schedule.”

He manages the challenge, he says, “by accepting the ‘grind’ and mixing it up, “finding ways to incorporate fun activities into the workouts I do.” For example, he joined the PaceSetters Run Club and mixes “various speed training workouts into a run or racewalk with the group.”

He also likes to mix things up outside of racewalking.

“I’m always up for trying new restaurants in the Fox Valley—there’s something satisfying about discovering hidden gems or the perfect pancake spot. I’m also a big reader, especially when it comes to Stephen King. There’s nothing like getting lost in one of his thrillers and feeling the suspense build with every chapter.

“When I’m in the mood to move,” he says, “I’ll shoot some hoops—basketball is a great change of pace and keeps me on my toes. I played basketball up until my senior year of high school, so it’s nice to enjoy some of my old pastimes. I’ll also play video



A young Jordan doing his thing at the 2013 AAU Junior Olympics in Ypsilanti, Michigan.



Jordan competing at the 2016 AAU Junior Olympics in Houston, Texas.



Jordan crossing the finish line at the 2023 Fox Cities Half Marathon.

games from time to time, just to unwind." You might even see him on a local trail or slow-walking the neighborhood. "Honestly, sometimes I just like to keep it simple with a walk in a local park. No stopwatch, no race, just some fresh air and a clear head."

NEVER LET UP

Jordan graduated from Missouri Baptist University in 2022 with a bachelor's degree in Exercise Science, then earned his MBA in

"For over a year," Jordan says, "I had been waiting to get back to that moment where I could win a collegiate title. My college distance coach kept saying to me in each workout that I'll be back and won't let that mistake of letting my guard down happen again. And he was right. That mistake wasn't a setback. It was fuel. It made the victory even sweeter because I knew the cost of letting up—and I made sure I'd never let that happen again."



Jordan on the podium at the 2024 Olympic Trials in Springfield, Oregon.

2023. He learned as a college athlete that race day is no time for letting up.

"In the 2021 NAIA [National Association of Intercollegiate Athletics] outdoor track and field championship," he reports, "I was going in ranked 2nd in the 5k Racewalk. My time was almost identical to the first-ranked person.

"In the race, I led almost the entire time, but with two laps to go, I got kind of lax, and the top-ranked competitor passed me. By the time I focused back up and started to gain back the distance it was too late. I ended up 2nd in a race I know I should have won."

He waited a year for the opportunity to fix that mental error. "In 2022, I came back, ranked first by a second or two. The race went almost identically to the year before. I led for most of the race, and with two laps to go, the same competitor made the move for the lead and took it over.

"This time I stayed focused and right on his hip, and with a little over a lap to go, I passed him and put down a big final kick to pull away and win my first collegiate outdoor national title in the racewalk. I went on to win two more championships for indoor and another outdoor track season.

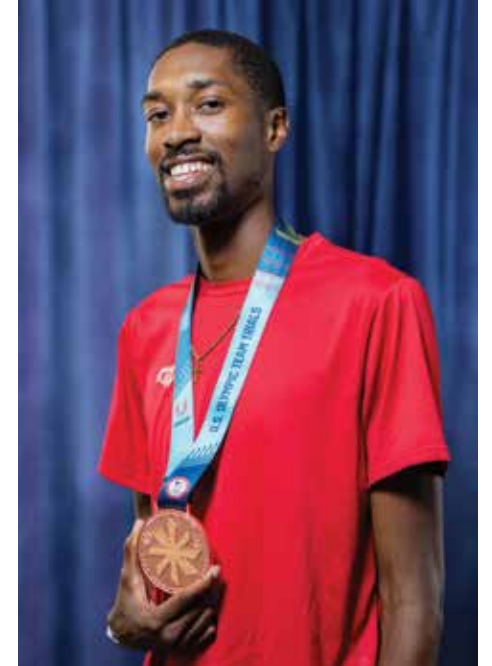
HAVE FUN OUT THERE

Although he doesn't let up during a race, "I usually don't like to get too amped up before races," Jordan says. "I'll listen to jazz or slow LoFi beats—something mellow that helps me relax, settle my nerves, and get into the right headspace.

"I like to take the time to chat with other competitors as well. It's not just about being friendly; it helps lighten the mood and reminds me that we're all in it together. Those conversations ground me and add a sense of community before the adrenaline kicks in. That mix of calm music and easy conversation is my way of easing into race mode."

Jordan recalls, "One of the best pieces of advice I ever got from a coach was simple but powerful: Have fun out there. That mindset changed how I approach not just competitions, but the long-term journey of being an athlete.

"When I was younger, I focused solely on medals, which was initially how I got into the sport. It allowed me to win; however, when the going got tough, I started to falter and find less enjoyment doing racewalking. The words 'Have Fun Out There,' when said by my coaches and parents, stuck with me."



Jordan with the bronze medal from the 2024 Olympic Trials in Springfield, Oregon.

REMAINING GROUNDED

"When I'm enjoying the process—training, racing, connecting with others—I'm more motivated, more consistent, and I avoid burnout," Jordan says. "That's where sustainability comes in. If you want to stay in a sport like racewalking for the long haul, it's not just about physical endurance: It's about finding balance, joy, and a rhythm that keeps you grounded.

"Having fun doesn't mean you're not serious about improving; it means you've found a way to grow in a way that's healthy and lasting. That's what makes it sustainable."

Jordan says there's a lot to love about racewalking.

"It pushes both my body and my focus to the limit. It's a sport that demands technical precision—every stride has to be legal, efficient, and powerful—and that challenge is what keeps me hooked. There's something uniquely satisfying about finding that rhythm where speed and control meet.

"Plus, the racewalking community is full of incredibly dedicated and inspiring people. We share a passion for a sport that flies under the radar, and that gives us this strong sense of camaraderie. It's not just about crossing the finish line—it's about the journey of discipline, resilience, and showing the world what this sport is really about." ■

After 35 years as senior editor for the Illinois-based Heartland Institute, Diane Bast returned to the Fox Valley and now enjoys with her husband, Joe, a retirement of bicycling, kayaking, long walks, and tennis.



Not Just a Sports Story: Behind the Fox Cities Marathon

BY JULIE JOHNSON

During the weekend of events known as Community First Fox Cities Marathon presented by Miron Construction, everyone who participates is an athlete. Not defined by pace, age, or body type—these athletes pin on a bib in pursuit of their own personal goals. Some are chasing the finish line tape or seeking to best their time. For others, it's about honoring a loved one, spending time with family and friends, or beginning a new wellness chapter.

Over its 34 years, Fox Cities Marathon has grown to encompass not only a full marathon, but also a half marathon and half marathon competitive walk, relay marathon, 10k, 5k, kids fun run, diaper dash, and health and wellness expo, all driven by these clear, unifying truths:

Every pace is welcome. Every story is honored. Every finish is celebrated.

CONNECTING AND HIGHLIGHTING THE FOX CITIES

The full marathon and relay marathon course tour the Fox Cities on Sunday—connecting Menasha, Appleton, Darboy, Harrison,

Combined Locks, Kimberly, Fox Crossing, and Neenah. The course passes through neighborhoods of cheering residents and more than eight scenic miles of natural, wooded, and waterfront trails. It crosses Little Lake Butte des Morts on the state's longest pedestrian trestle before turning south for the shaded waterfront finish line at Riverside Park in Neenah. Complete with cheering crowds, finishers announced by name, a 12" x 12" 51-pound celebration bell, and personalized results clocks, it's a race experience like no other.

Saturday's 5K and 10K routes include pace cars and a big-time finish under the same Riverside Park Finish Line used by full, half, and relay marathon participants a day later. Plus, \$5 from every 5K adult registration benefits patients at the St. Elizabeth Cancer Center, giving every runner's finish even more significance.

Friday night is all about the event's youngest participants. From diaper dashers crawling the mat, toddlers taking on a simple obstacle course, and young runners covering the bases or longer distances, there is boundless energy and excitement as they earn a kid-sized medal and participate in an evening of games, food, and fun.



PERSONAL TOUCH

While Fox Cities Marathon participants give the race purpose, it's the volunteers, residents, and community partners who give it life.

More than 1,800 volunteers assemble to pull off race weekend, comprising of Community First Credit Union team members, community members, families, and even area athletic teams. Combined with the generosity of 50+ sponsors, and hundreds of spectators and neighborhoods cheering from the sidelines, the event has truly become a cornerstone of the Fox Cities community.

This is the magic behind welcoming 4,000+ walkers and runners of all ages and abilities to share in the journey of reaching their goals.

For us, it's not just a sports story—it's personal. ■

Want to be a part of the magic? Join us as a participant or volunteer for the 34th Community First Fox Cities Marathon taking place September 19–21, 2025.



Julie Johnson is the Race Director for the Fox Cities Marathon, a premier community event that promotes health, wellness, and regional pride. With a strong background in nonprofit leadership and event planning, Julie is passionate about creating meaningful experiences that bring people together and make a lasting impact. The Fox Cities Marathon is a 501(c)(3) nonprofit organization that began in 1991 with this year being the 34th running of the weekend of events.

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Enjoying “The Sport of Life”

BY GLORIA WEST

The Pacesetters Running Club of the Fox Cities has been in existence since 1982. The name “Pacesetter” was carefully selected for its meaning: “Pace,” meaning to go at your own consistent tempo, from walking to jogging to running. “Setter,” meaning to set you in a sport that you can do for life. In fact, our original motto was “The Sport of Life.”



Pacesetters at the June 2025 Fun Run at Whiting Boathouse.

For 43 years, we've been the backbone—rather, the leg bone—of fitness in this community. The three cornerstones of the club have been educational, informational, and social.

In the 1980s before the Internet, we were “it.” There was no other way to get information about running. We had monthly meetings which sometimes were well attended, with more than 200 members. Our club also provided a book on every running event in the state, handouts, and a social network at all these events.

With so much online presence today our focus has shifted towards other accomplishments. The Pacesetters focuses on weekly training runs to support the Community First Fox Cities Marathon. This event has been the icon of fitness, engaging in a variety of distances from 26.2, 13.1, 10k, and 5k to a Kids’ Run and relays. We have a Pacesetters member representative on the Marathon board to give support and act as a sounding board for what local participants are looking for.

As runners we want to do more than just enjoy the sport for ourselves. For the past 37 years we have hosted the St. Joe’s Food Program Run/Walk, raising more than \$137,000. This event

provides awareness about community hunger and supports the operational costs of the pantry. The event is held each year on the first Saturday in October.

To serve our community we have done even more. We provide scholarships each year for high school students who plan to pursue their running aspirations in college. The club also provides funding for the monthly Kids’ Summer Fun Runs and volunteers for many local running events. We encourage our members to get on the other side of events to understand the complexities of organizing events.

Anyone can join the Pacesetters, as you don’t have to be a “runner.” We certainly encourage walking too! Many of our older members come to all of our events, enjoying the camaraderie of other walkers. Linda McDaniel of Little Chute is one of them. She says, “I am 79½ years old and come to all of the training runs for the Fox Cities Marathon each week. I may or may not do the half marathon. That is up for debate, but I just like getting out to walk with others every Saturday morning.”

The training runs/walks increase mileages each week for the full and half marathon. We also support the runs with maps, directions, water/Gatorade stations, and food at the end. You do not have to be a member to join us, as the training runs/walks are open to the public. From the end of May until mid-September, you can join us at Telulah Park every Saturday morning at 7 a.m.

Forty-three years and going strong! Pacesetters is an organization that is on the move to support health and fitness in the Fox Cities in any way we can. We’re about staying fit so that we can participate in “the sport of life” at any age. ■

Check us out at: pacesetters-run.org



Gloria West has her Bachelor’s Degree from St. John’s University with a Master’s in Community Counseling from the University of Oshkosh. She started and directed the Community First Fox Cities Marathon, and Cellcom Green Bay Marathon. She is Director of DuTriRun Events and Past President of Pacesetters Running Club.

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Seniors are playing their final high school games, looking to leave their mark. Underclassmen are pushing themselves in practices and scrimmages working hard to earn playing time, and coaches are busy drawing up game plans. Fans pack the bleachers, cheering on their hometown heroes with unwavering support.

Beyond the action on the field, high school football fosters camaraderie among teammates, school pride, and community unity. From marching band halftime shows to gathering at the concession stand, the whole town gets involved. As the season unfolds, every game promises thrilling rivalry, leadership growth, and unforgettable memories. High school football is back—and it’s better than ever. ■

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AUG 29 @ GB Preble Hornets	AUG 28 @ Kenosha Bradford
SEP 04 Neenah Rockets	SEP 04 @ Fond du Lac Cardinals
SEP 12 @ Hortonville Polar Bears	SEP 12 @ Oshkosh West Wildcats
SEP 19 @ Kimberly Papermakers	SEP 19 Hortonville Polar Bears
SEP 26 Fond du Lac Cardinals	SEP 26 @ Neenah Rockets
OCT 03 @ Oshkosh West Indians	OCT 03 Kaukauna Ghosts
OCT 10 Appleton North Lightning	OCT 10 @ Appleton East Patriots
OCT 17 @ Kaukauna Ghosts	OCT 17 Kimberly Papermakers



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AUG 29	Sheboygan South Red Wings	AUG 29	Denmark Vikings
SEP 05	@ Ashwaubenon Jaguars	SEP 05	@ Xavier Hawks
SEP 11	Bayport Pirates	SEP 12	Waupaca Comets
SEP 19	GB Southwest Fighting Trojans	SEP 19	@ Freedom Irish
SEP 26	@ GB Preble Hornets	SEP 26	@ Seymour Thunder
OCT 03	@ Pulaski Red Raiders	OCT 03	New London Bulldogs
OCT 10	De Pere Redbirds	OCT 09	@ Winneconne Wolves
OCT 17	@ West De Pere Phantoms	OCT 17	Shawano Hawks

FREEDOM		HORTONVILLE	
AUG 22	New London Bulldogs	AUG 22	West De Pere Phantoms
AUG 29	@ Waupaca Comets	AUG 29	@ Pulaski Red Raiders
SEP 05	@ Two Rivers Purple Raiders	SEP 04	@ Kaukauna Ghosts
SEP 12	Little Chute Mustangs	SEP 12	Appleton East Patriots
SEP 19	Fox Valley Lutheran Foxes	SEP 19	@ Appleton North Lightning
SEP 26	@ Denmark Vikings	SEP 26	Kimberly Papermakers
OCT 03	Wrightstown Tigers	OCT 03	@ Fond du Lac Cardinals
OCT 09	@ Sheboygan Falls Falcons	OCT 10	Oshkosh West Wildcats
OCT 17	Luxemburg Casco Spartans	OCT 17	Neenah Rockets

KAUKAUNA		KIMBERLY	
AUG 21	GB Notre Dame Academy	AUG 22	@ Sussex Hamilton Chargers
AUG 29	@ West De Pere Phantoms	AUG 28	Bay Port Pirates
SEP 04	Hortonville Polar Bears	SEP 04	@ Oshkosh West Wildcats
SEP 12	@ Neenah Rockets	SEP 12	Fond du Lac Cardinals
SEP 19	@ Fond du Lac Cardinals	SEP 19	Appleton East Patriots
SEP 26	Oshkosh West Wildcats	SEP 26	@ Hortonville Polar Bears
OCT 03	@ Appleton North Lightning	OCT 03	Neenah Rockets
OCT 10	Kimberly Papermakers	OCT 10	@ Kaukauna Ghosts
OCT 17	Appleton East Patriots	OCT 17	@ Appleton North Lightning

LITTLE CHUTE		MENASHA	
AUG 22	Winneconne Wolves	AUG 21	@ Plymouth Panthers
AUG 29	@ New London Bulldogs	AUG 29	Mosinee Indians
SEP 05	Waupaca Comets	SEP 05	@ Green Bay West Wildcats
SEP 12	@ Freedom Irish	SEP 11	Oshkosh North Spartans
SEP 19	Denmark Vikings	SEP 19	Green Bay East Red Devils
SEP 26	@ Wrightstown Tigers	SEP 26	@ Notre Dame Tritons
OCT 03	Sheboygan Falls Falcons	OCT 03	Manitowoc Lincoln Ships
OCT 09	@ Luxemburg Casco Spartans	OCT 10	@ Sheboygan South Redwings
OCT 17	Two Rivers Purple Raiders	OCT 17	Sheboygan North Golden Raiders





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AUG 29 @ Arrowhead Warhawks	AUG 29 Manawa Wolves
SEP 04 @ Appleton East Patriots	SEP 04 @ Valders Vikings
SEP 12 Kaukauna Ghosts	SEP 12 Chilton Tigers
SEP 19 @ Oshkosh West Wildcats	SEP 19 @ Kiel Raiders
SEP 26 Appleton North Lightning	SEP 26 Lutheran/Kohler Christian Crusaders
OCT 03 @ Kimberly Papermakers	OCT 03 @ Roncalli Jets
OCT 10 Fond du Lac Cardinals	OCT 10 Brillion Lions
OCT 17 @ Hortonville Polar Bears	OCT 17 @ New Holstein Huskies



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Nutrition, Fitness, and Parkinson's Disease

Harrell Jenkins helps people improve their lives

BY GREG SEUBERT

When it comes to fitness, nutrition, and overall wellness, Kate Harrell Jenkins walks the walk and talks the talk.

Not only is she a registered and certified sports dietitian, personal trainer, and fitness instructor, she is also an avid runner and has competed in more than 20 marathons and ultramarathons. She realized the importance of nutrition at an early age.

"My grandpa was a farmer, so seeing my family eat a little differently in terms of whole food—real food—and the connection with the land, that was there early on," she said.



Oshkosh native Kate Harrell Jenkins wears many hats, including sports dietitian, personal trainer, and fitness instructor. She also has a passion for helping people diagnosed with Parkinson's disease. Photo by David Schuhart, DRS Photos

Harrell Jenkins grew up in Oshkosh, played sports as a student at Oshkosh North High School, and spent about 11 years in Portland, Oregon, before returning to the area.

"I played sports all the way through," she said. "I saw my teammates not eating well and seeing it impact our performance. We probably lost the bulk of our games in the fourth quarter. As a sports dietitian, I know there's so much we can do to change that outcome."

She now spends her time between YMCAs in Oshkosh and Neenah. She also joined the teaching staff at the University of Wisconsin-Oshkosh's Kinesiology Department and works with students and staff at Appleton's Lawrence University.

Harrell Jenkins also has spent the past decade helping older people cope with

Parkinson's disease, a progressive neurological disorder that primarily affects movement.

"I didn't know that would be a big part of my life, but I love it, and I love helping people continue to live their life doing what they love," she said. "I love helping people feel better."

Harrell Jenkins' interactions with Parkinson's disease patients began in Portland.

"When I was closing on my gym in Portland, one of our members was diagnosed and it broke my heart that I couldn't stay to help," she said. "When I started working with people at the Y in Neenah, my boss asked if I would work with someone with Parkinson's and I realized I needed more education."

One of her duties is to coach Parkinson's patients in Oshkosh through a YMCA program called Rock Steady Boxing, a noncontact, boxing-based fitness curriculum for people with Parkinson's disease.

"When you think about Parkinson's, people don't move fast," Harrell Jenkins said. "That's the tricky part with coaching and training them. You have to push them and show them that they still can, but you need to do it safely. There are a lot of other functional things that we do where the disease might affect their daily life, but we can help train how to continue to work through that. I can't even describe how neat it is to see someone be able to fight back against a disease. To see someone actually be able to improve with a disease that's progressive, it's amazing."

Harrell Jenkins also holds Pedaling for Parkinson's sessions in which participants ride stationary bicycles.

"Our goal is to try and get them to move at a certain pace on the bike," she said. "Not everyone's going to hit that, but we're trying to help them push the intensity. The unique part with the bike is they may not feel stable on their feet, but seated on a bike, now they can push harder. Plus, it's fun."

Nutrition and fitness go hand in hand, according to Harrell Jenkins.

"Nutrition affects absolutely everything: your energy level, blood pressure, how you feel," she said. "Nutrition was kind of the starting point, but then I realized I could pull in the fitness side and do both. When I was in Portland, I had two different gyms that I co-owned, so that was my way of bringing those two things together. Once you pair those two together, the benefits are even greater."

Harrell Jenkins has advice for anyone who has never exercised or paid attention to what they eat. That advice? It's never too late to get started.

"There are benefits to be had no matter the age," she said. "We've had couples join us in their 70s and 80s and it was the first time they did planned exercise. They did great and they saw the benefits. My dad does his back exercises every morning so he can do his yard work. Movement of any kind is a good thing."

Focusing on fitness and nutrition is not that difficult and trainers like Harrell Jenkins can offer help if necessary.

"People often bite off more than they should right off the bat," she said. "They get defeated and they quit. I'm a fan of starting with an achievable goal. It's very different for everybody. It could be literally walking around the block once and that's OK. Maybe it's doing it in the morning and then doing it in the evening."

"Others might be able to do more than that," she added. "Finding things that you enjoy is helpful. If you like going for a walk on a trail because you love nature, then do it. You're more apt to be successful if you enjoy doing it."

Going back and forth between different communities for her job can be stressful at times, but Harrell Jenkins said the key is to be organized.

"I color-code my calendar so I make sure I'm going in the right direction," she said. "It's all in the Fox Valley. If I'm going to add a training client, I'm going to do it where I'm not going back and forth. So far, I've been able to do it, but there might come a point where it is a little chaotic. I love the change to be in different places because each environment is different."



Greg Seubert is a freelance reporter, photographer and editor based out of his rural Weyauwega home. He spent 28 years covering high school sports for the Waupaca County Post, a Waupaca-based weekly newspaper, before stepping down in April 2024. Before that, he spent 10 years as a reporter and editor at four other newspapers in Wisconsin. He joined the Waupaca County Post prior to the start of the 1996-97 school year and eventually covered sports teams from Waupaca, Lola-Scandinavia, Weyauwega-Fremont, Little Wolf (Manawa), Amherst, Wild Rose, Almond-Bancroft, Stevens Point, New London, Clintonville and Hortonville high schools.

HerRide Collective: Women Supporting Women—On Wheels

BY LORA GLASEL – OWNER, THE RECYCLIST BICYCLE COMPANY

At The Recyclist Bicycle Company in Kaukauna, we believe that cycling should be welcoming, empowering, and accessible for everyone ... and that's exactly why we created the HerRide Collective.

HerRide is a women-led cycling group rooted in community, connection, and the shared joy of riding, specifically road bikes. Whether you're brand new to road riding or you've been in the saddle for years, HerRide is about showing up exactly as you are. No ego, no pressure, just a welcoming space where women can ride, learn, grow, and laugh together. The main goal of HerRide is to finish the summer out with a 100K (roughly 62 miles) road bike ride followed by a celebration of our accomplishments.

We meet multiple times a month to ride as a group, and each ride is intentionally designed to be supportive, inclusive, and



fun. Our routes are road-focused. Our pace is, for some, a stretch, but those who can meet it easily are there to help, and our mission is simple: get more women on bikes and help them feel strong, confident, and connected.

What started as a handful of riders has grown into a powerful community of more than 85 members, each bringing her own story, strength, and style to the road. Some of us ride to train, some to unwind, and some to connect with others. All of us ride because we love it.

HerRide is more than just a cycling group. It's a space where:

- You'll never get dropped.
- You can ask questions, share knowledge, and feel supported.
- You'll meet other women who just get it—both on and off the bike.
- You're encouraged to celebrate progress over perfection.

We've seen first-hand how riding together changes things, how it builds confidence, creates friendships, and reminds us that community matters. And the best part? We're still growing, and there's always room for more.

If you've ever wanted to try road cycling but didn't know where to start, or if you're looking for a crew that rides with heart, HerRide is for you.

The Recyclist has rides for all skill levels and genders. These can be found on our Facebook page. ■



NON-PROFIT SPOTLIGHT

Fox Cities Sports Development, Inc.

BY MATT TEN HAKEN, DIRECTOR OF SPORTS MARKETING, FOX CITIES CONVENTION & VISITORS BUREAU

Many know of the events and activities that take place at the Community First Champion Center in Grand Chute. The 164,000-square-foot ice and court sports complex opened November 2019 and has welcomed thousands of athletes through its doors for competitions, camps, and practices. But few know the nonprofit 501(c)(3) organization powering the facility behind the scenes, Fox Cities Sports Development, Inc. (FCSD).



FCSD shares a common Board of Directors and operates as an aligned organization of the Fox Cities Convention & Visitors Bureau (CVB). The goal of FCSD is to manage the Community First Champion Center as a community asset that increases tourism and economic impact while also benefiting the residents of the Fox Cities. These goals were established when hotel room tax revenues were committed to pay for the construction of the facility. With no

ongoing subsidy to pay for the operational expenses of running the venue, FCSD relies on facility rentals, food and beverage sales, and community partner support to be financially successful.

With managerial oversight from the staff of the Fox Cities CVB, FCSD employs seven full-time staff members and 30 to 40 part-time staff members based on the time of the year. Many of the part-time staff are high school and college students who enjoy working in various aspects of operating a large sports venue when their busy school and sports schedules allow. An unintended benefit of Champion Center has been the dozens of area youth who have learned great on-the-job skills while earning money at the Champion Center. Additionally, each year graduating high school seniors can apply for one of the Legacy Scholarships that FCSD awards to students who have participated, worked, or volunteered at the Champion Center.

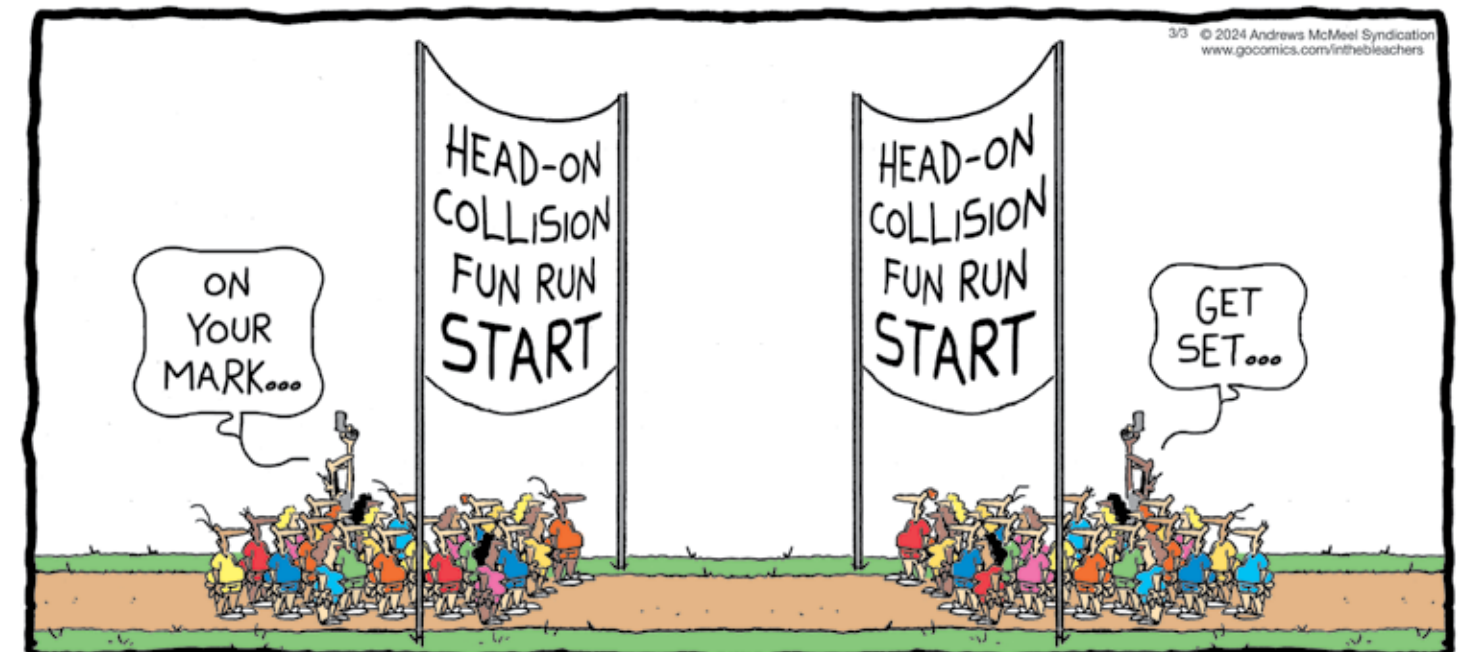
In addition to youth athletes practicing weekly in volleyball, basketball, hockey, and figure skating, there are other opportunities for Fox Cities residents to participate at the Champion Center. The Champion Links golf simulator offers dozens of course options for players to choose from, for individual, group, or league play. As the ice schedules allow, there are open skate sessions offered throughout the year, and many of those occur during holiday or school breaks. And finally, open pickleball play has gained popularity during the weekdays for players who want an indoor experience during the cold weather months.

There are so many ways to help support the great initiatives of the Community First Champion Center and Fox Cities Sports Development. You can advertise your business in the venue, encourage a local student to apply for the part-time staff or the Legacy Scholarship, or participate in one of the facility's many activities! ■

Visit www.championcenterwi.com to learn more!

IN THE BLEACHERS

BY BEN ZAEHRINGER



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Competitive Youth Archery is Growing Strong in Wisconsin

BY RYAN MILLER

Across Wisconsin, youth archery is thriving. At any tournament, you'll see clusters of team jerseys—bright colors, bold logos, and proud athletes representing their hometowns. Whether it's a regional shoot or a state championship, the energy is unmistakable. These young archers are learning to hit targets AND building confidence, friendships, and lifelong skills.

The Scholastic 3D Archery (S3DA) program has become the backbone of youth archery development across the country. It offers a structured path for athletes to compete in Indoor Target, Outdoor Target, and 3D Archery, while also promoting conservation, mentorship, and community involvement. In Wisconsin, dozens of teams participate each season, supported by a growing network of coaches, volunteers, and families.



One of those teams—Winneconne Youth Archery—just wrapped up its strongest season yet. With nearly 50 athletes, a packed tournament schedule, and a culture built on encouragement and grit, the orange jerseys made their mark across every discipline.

WHAT IS S3DA?

S3DA teaches archery through three competitive formats:

- Indoor Target: Archers shoot 30 arrows at either a single-spot or 5-spot target face. Distances vary by age—10 yards for younger archers, 20 yards for older divisions.
- Outdoor Target: Olympic-style archery shot on flat fields. Archers shoot 36 arrows at circular targets from longer distances, with wind and terrain adding to the challenge.
- 3D Archery: Life-size animal targets placed in wooded courses. Archers shoot 20 targets at varying distances, simulating real-world bowhunting scenarios. The top archers in each division compete in a high-pressure shootdown to determine final placing.

S3DA is powered almost entirely by volunteers: coaches, coordinators, and parents. Teams can be formed by any group, and many are partnered with sporting goods stores, archery ranges, or conservation clubs. The only requirement to form a team is one certified coach and one archer, making it easy for new programs to get started.

Mark Love serves as Wisconsin State Coordinator, overseeing the S3DA program statewide. Working alongside him is Ryan Miller, Head Coach of Winneconne Youth Archery and Wisconsin's State Conservation Coordinator. Together, they help ensure that Wisconsin S3DA remains a thriving, inclusive, and purpose-driven community.

HOW DIVISIONS WORK

Archers compete in divisions based on age, gender, and equipment

class, ensuring fair matchups and a clear path for growth.

Age groups include Jr. Eagle (8 and under), Eagle (9–11), Youth (12–15), and Young Adult (16–18, or 19 if still in high school).

Equipment classes define how archers set up their bows and what accessories they're allowed to use:

- Fixed Pins: Compound bows with a multi-pin sight. No magnification, no lens, and no adjustable scope. Stabilizers are allowed, but the setup mimics bowhunting-style shooting.
- Open: Compound bows with a movable sight, lens, and magnification. Archers can use longer stabilizers and advanced setups similar to high-level target archery.
- Barebow: No sights, no stabilizers, and no release aid. Archers shoot using instinctive or gap aiming techniques, relying on form and feel.
- Olympic Recurve: Recurve bows with a sight and stabilizers, following the same setup used in Olympic-style competition. Archers use finger tabs and shoot with a clicker for consistency.

Each class challenges archers in different ways, and many youth experiment across styles as they grow. Whether they're shooting instinctively or dialing in a target with precision optics, every setup builds skill, discipline, and confidence.

WINNECONNE YOUTH ARCHERY: FROM START-UP TO STANDOUT

Winneconne Youth Archery began in late 2019, offering free beginner classes, "Try Archery" days, and community events to introduce kids and families to the sport. The program was built with strong community support from the start, and later incorporated as a 501(c)(3) nonprofit, allowing it to expand its mission and outreach.

Like many programs, it faced start-and-stop challenges during the pandemic, but the club stayed committed to growing the sport locally. Winneconne officially joined the S3DA for the 2022 season. The competitive team has grown from 12 archers that year to 50 in the 2025 season.

MORE THAN COMPETITION

One of the most powerful parts of S3DA is the community it builds. Archers look forward to seeing each other on tournament weekends—not just to compete, but to reconnect. Sportsmanship and friendships shine on and off the range; many of these young athletes would never have met if not for this program.

Along the way, archers gain more than just medals: They build self-confidence, learn to handle pressure, and grow as individuals. Whether it's stepping onto the line for the first time or standing in a shootdown with eyes watching, each moment helps shape stronger, more resilient young athletes.

SEASON HIGHLIGHTS

The 2025 indoor season was a major success for Winneconne Youth Archery, both in terms of participation and performance. In January, the team hosted a Wisconsin S3DA Indoor Target Regional Tournament at Critter's Wolf River Sports in Winneconne. The event drew 119 archers from across the state.

In February, 27 Winneconne archers competed at the Wisconsin S3DA State Indoor Target Championship in Fond du Lac, joining more than 180 archers from around the state. Winneconne's Eagle division earned the coveted Eagle Team Championship, scoring

a combined 1490 out of 1500 from their top five archers—a near-perfect performance that showcased the team's depth and consistency.

Individual archers delivered standout performances, with many earning top-three finishes and others placing solidly in the top 20. The event highlighted the growth of each athlete—from first-time competitors to seasoned shooters—who demonstrated sportsmanship, focus, and team pride throughout the day.

The indoor season wrapped up with four Winneconne archers—Grace Miller, Clara Miller, Ayla Stobbe, and Brennan Stobbe—traveling to Owensboro, Kentucky for the S3DA Eastern Indoor Target National Championship, where nearly 1,000 youth archers competed. Grace delivered a remarkable performance in the Eagle Female Pins division, shooting a 150 with 27 Xs in her first round and a perfect 150 with 30 Xs in her second—earning second place nationally.

After a strong indoor season, Winneconne Youth Archery hit the road for 3D Archery and Outdoor Target events hosted by clubs across Wisconsin. Archers navigated wooded courses, open fields, and unpredictable weather. The season culminated at the Wisconsin S3DA Outdoor State Championships, held June 7–8 at Pulaski Community Park. Winneconne archers delivered strong performances across multiple divisions.

One standout was Cayden Stoltenow, who entered the Youth Male Pins shootdown in fourth place. With composure and sharp shooting under pressure, he climbed the ranks and finished third overall, earning a spot on the state podium. Several other Winneconne archers also earned top-three finishes, reinforcing the team's depth and consistency across disciplines.

Following state, Grace Miller traveled to Williamsburg, Kentucky for the S3DA Eastern 3D National Championship. She delivered a



stellar performance—tying a personal best and earning second place nationally in the Eagle Female Pins division.

LOOKING AHEAD

In early September, Winneconne Youth Archery will host its annual bowhunting workshop in partnership with Raised at Full Draw, helping young archers build the skills and confidence needed to take their passion into the woods.

Regular practices resume in August, giving returning archers a chance to sharpen their skills and welcome new faces into the program. With momentum from a strong season and a tight-knit team spirit, the orange jerseys will be back—and ready for more. ■

For more information on S3DA or Winneconne Youth Archery, contact Ryan Miller at ryan@winyoutharchery.org or Mark Love at wis3dacoord@gmail.com.

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Thank you for pushing us hard this summer and making us stronger faster players. Love the challenges. Can't wait to return next year! See you at the games!
~ Peyton, Julia, and Layla Tanith

I thought I was strong when I arrived. You made me so much stronger now. You found my weaknesses and built me up. Thanks for the push and believing in me.
~ Easton



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BY DIANE BAST | PHOTO BY PAUL STUMPF

COACH CASSIE KOTTKE

RUNNING, TRIATHLON, AND
ENDURANCE SPORTS

WHAT SPORT DO YOU COACH? I am a certified exercise physiologist and endurance coach who works with people of all fitness levels. I specialize in functional training and run-specific coaching.

HOW LONG HAVE YOU BEEN COACHING? I have been *competing* in endurance sports for over 30 years and have been a trainer and coach for 23 years.

WHERE DO YOU TEACH/COACH? I train and coach clients at Evolve Fitness in Appleton and online.

WHAT IS YOUR BACKGROUND IN THIS SPORT? I found my love for running when I was in elementary school. Many people will remember the "Presidential Fitness Test" that we were subjected to as children 1 to 2 times per year. I found that although most of my peers complained about the 1 mile run, I absolutely loved it and I was good at it! I continued to run for exercise throughout my teens and started competing in local races when I was 19. I ran my first marathon, the Fox Cites Marathon, at 20 years old.

After struggling with a few running injuries myself, I decided that I needed to learn more about my sport. I received my education in exercise physiology, with a focus on running technique, in my early 20s and went on to run injury-free from there on out. Since learning more about proper training, nutrition, and running form, I have gone on to compete in 10 Ironman Triathlons and almost 100 marathons and ultramarathons. I am happy to say that I am still actively competing in ultramarathons and endurance events today and I enjoy teaching others the things I have learned throughout my 30+ year running career.



WHAT IS YOUR TEACHING/COACHING PHILOSOPHY?

I believe that with the proper training plan, nutritional strategy, and focus on alignment and biomechanics, most athletes can achieve amazing things in their sport. I also believe in listening to one's body and exploring the training approach that feels right to the individual rather than jumping on the most popular training trends and fads of the time. Training is a very individual "recipe" and there is no "one-size-fits-all" approach. Looking at the mental aspect of coaching and competing, I believe that we as athletes must be very careful how we talk to ourselves. Really pay attention to the inner dialogue in your head and strive to drown out the negativity.

WHAT ARE ONE OR TWO THINGS THAT A STUDENT CAN DO IN TRAINING TO FOSTER SUCCESS?

Be consistent! The number one area that I see people fall short in is being consistent with a training plan. It's very easy to "kind-of" follow a plan, but true success comes through being consistent with all aspects of a training plan day in and day out. This means following the prescribed workouts, eating healthfully, and not skipping recovery and sleep. The more consistent you can be, even when things get monotonous or boring, the more successful you will be.

WHAT'S THE BEST PIECE OF ADVICE OR MOTIVATION YOU CAN GIVE TO A STUDENT?

Be patient and believe in yourself! Success in sport comes through years of hard work and dedication. There will be set-backs along the way. Look at these set-backs as a way to help you grow, not as a dead-end.

DESCRIBE YOUR PROUDEST TEACHING/COACHING MOMENT:

This is a hard question because there have been so many over the years. I think the proudest moments are watching athletes overcome set-backs in their training such as illness or injury. When an athlete is sick or injured, they feel like they will never achieve their goal and that they will lose all of their fitness. The truth is that our bodies are amazing and many times can bounce back after a set-back even stronger than before.

WHAT'S THE BIGGEST LIFE LESSON YOU'VE LEARNED FROM BEING A COACH?

Honestly... anything is possible if you believe in yourself and work hard. This is a little cliché but it is so true. And, even if you don't achieve the original goal you had set out for, you will learn a lot along the way.

WHAT LEGACY DO YOU HOPE TO LEAVE AS A TEACHER/COACH?

I hope that I helped people find the courage to "go for it"! I want everyone to know that you are never too young or too old to go after your dreams. If something that you are thinking of doing scares you, it is definitely a sign that you are on the right path! ■



After 35 years as senior editor for the Illinois-based Heartland Institute, Diane Bast returned to the Fox Valley and now enjoys with her husband, Joe, a retirement of bicycling, kayaking, long walks, and tennis.

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Bicycle Commuting in the Fox Valley

BY NICOLE CAMPUZANO

Gwen Sargeant, owner of the Appleton Bicycle Shop, has been involved in making the Fox Valley more bicycle-friendly for the past 25 years. Her family has owned Appleton Bicycle Shop since 1939, so it comes as no surprise, perhaps, that Sargeant has a strong passion for fostering more accessibility to, and safety in, biking in our community. “What drew me to the cause was having children and biking around with them when they were in the trailer, and then when they were learning to ride on the streets. I wanted to help



create a community where people can get around by bicycle and as pedestrians,” she explains. Sargeant is not alone in her desire to make the Fox Valley a place for cyclists. There are dozens of local cycling groups—some formal, some more informal—that host various cycling events, advocate for bicycle accommodations, and build connections and a sense of community among their members. Sargeant says that for her, “[a]dvocating for bicycles meant getting involved in local cycling groups and talking to local representatives. I started working with Fox Cities Cycling Association, Fox Cities Greenways, and [I] also serve on the city of Appleton’s Bicycle and Pedestrian Committee. These groups advocate for off-street trails and on-

street accommodations. The Fox Valley is getting more connected for bicycling every year.” Working in the bicycle industry, Sargeant hears from many locals. This first-hand insight helps create a bridge to local representatives who can enact change. Sargeant remarks that she can “pass that knowledge on to our local representatives to help them understand where people are riding bikes and what types of facilities for bicycles people want, from trails to bike lanes.” According to the Wisconsin Bike Fed website, there are currently more than 340 miles of bicycle-friendly routes in the Fox Valley. These routes cut through urban locales and within cities, meander through wooded areas and along scenic waterfronts, and even include rail trails and singletracks. The website goes on to affirm that “improving the rideability of the Fox Valley has involved businesses, nonprofits, donors and grantors, partner organizations and individual riders. Without these key players many of these projects would face significant challenges and barriers.” It has been through the ongoing efforts of many organizations and individuals that the Fox Valley has become the bicycle haven it is today. The work is not finished, Sargeant says. “The Fox Cities Greenways hosted the Trail Summit in February of this year to bring local municipalities together to discuss trails and on-street facilities, and how to connect these facilities together to create a bicycle-friendly network.”

However, it’s not all work, all the time. Bicycling is meant to be a fun hobby, too. Sargeant, who is the former president of Fox Cities Greenways (FCG), mentioned that the “Fox Cities Greenways is currently hosting a 30-trail Challenge where you can win prizes by riding 30 different trails in the Fox Valley.” This challenge is to celebrate its 30th anniversary this year. Anyone who wants to participate can pre-register on the FCG website, where they will also find all the details of the challenge. She also mentions that there are bicycle groups for just about everyone who wants to join one. There are 55+ groups, club racing groups, and groups that host monthly moonlight rides, as well as pop-up history rides. There are even small groups that get together casually just to go out riding. Sargeant recently led a bicycle tour of the history of the city of Appleton. “It was a fun eight-mile ride at a casual pace with stops to talk about Appleton’s rich history,” she explains. More information about various bicycling groups and trail maps can be found online through a simple web search.

With all of the ways to bike in the Fox Valley, it is evident that anyone can get out there and ride, no matter their experience level. It seems that all one needs is a bicycle, a little ambition, and, perhaps, a trail map of the Fox Valley! ■



Nicole Campuzano is an Antigo, Wisconsin native. She earned her bachelor’s degree in English Education from the University of Wisconsin-River Falls. She taught high school English Language Arts for several years. She and her family recently relocated to the Fox Valley, where they are enjoying the many exciting opportunities the area has to offer.

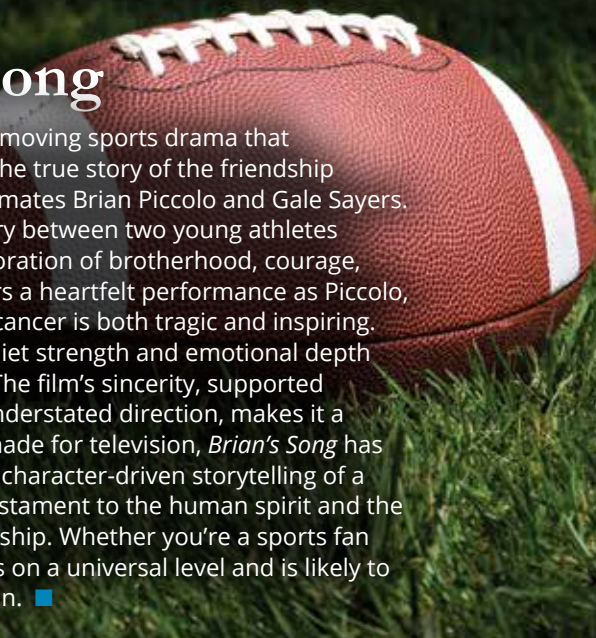
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Sports Movies That Score Big on Heart and Action



«« Brian’s Song

Brian’s Song (1971) is a deeply moving sports drama that transcends the genre, telling the true story of the friendship between Chicago Bears teammates Brian Piccolo and Gale Sayers. What begins as a tale of rivalry between two young athletes evolves into a powerful exploration of brotherhood, courage, and loss. James Caan delivers a heartfelt performance as Piccolo, whose battle with terminal cancer is both tragic and inspiring. Billy Dee Williams brings quiet strength and emotional depth to his portrayal of Sayers. The film’s sincerity, supported by a poignant score and understated direction, makes it a timeless classic. Though made for television, *Brian’s Song* has the emotional weight and character-driven storytelling of a theatrical release. It’s a testament to the human spirit and the enduring bonds of friendship. Whether you’re a sports fan or not, the film resonates on a universal level and is likely to leave a lasting impression. ■



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Heat, Humidity, Cold, and Altitude — OH MY!

Learn more about how the elements and environment affect sports nutrition and what you can do about it.

BY KATE HARRELL JENKINS, MS, RD, CSSD, LD | YMCA DIETITIAN AND PERSONAL TRAINER, NEENAH-MENASHA

One of my favorite aspects of sports nutrition is that no event, game, or workout is the same. So many aspects outside of our control can affect our performance. Let's consider how aspects of the environment can affect performance and sports nutrition and what you can do to improve your performance despite the curve balls the environment may present.

HEAT

IMPACT: Exercise in hot environments will increase the intensity of effort. There may be an increase in carbohydrate utilization



and breakdown of glycogen (stored carbohydrate in the muscle) during exercise. Fluid losses through sweat can be significant, especially in a hot AND humid environment, and even more so if you are not acclimated to the environment. With higher sweat losses, an athlete may also see greater losses in electrolytes like sodium and potassium.

Significant dehydration can affect the body's ability to cool itself and release heat.

RECOMMENDATIONS:

- Make sure to pre-hydrate before your exercise or event. Recommendations are 5 to 7ml/kg four hours out, followed by another 3 to 5ml/kg two hours out if urine is still dark.
- Make sure to bring fluids with you. Fuel belts, hydration packs, or hand water bottles are all convenient ways to make sure you are prepared. Consider planning routes where you have access to places you can refill your water system. How much? It is best to tailor this to the individual. Calculating your sweat rate can be a helpful tool to determine fluid needs.
- Losses of electrolytes, like sodium, may increase, so it may be advantageous to provide fuel that supplies both carbohydrates and electrolytes, such as a sports drink.
- Be prepared with additional fuel sources, as your body may be using more carbohydrates.
- Try to exercise early in the day if you are able. If you cannot do so, be mindful of where you can stop to cool yourself if you do get overheated.

HUMIDITY

IMPACT: Usually heat and humidity go hand in hand, as we

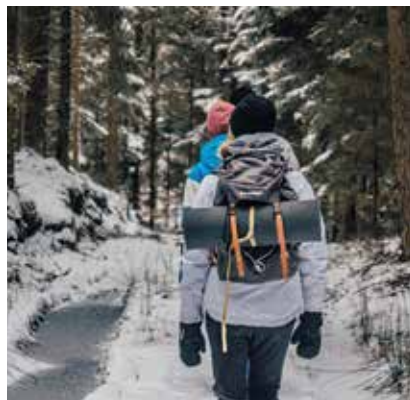
can certainly relate to during Wisconsin summers. Humidity can affect the body's ability to cool itself as you are less able to evaporate sweat from your skin. This can increase how quickly you fatigue and will also increase the intensity of the effort and demand for sufficient fluids and fuel.

RECOMMENDATIONS:

- Follow pre-hydration recommendations under heat recommendations.
- You will likely need to increase fluid intake during exercise. Consider adding a carbohydrate/electrolyte beverage to offset additional losses and provide energy for what will likely be more intense exercise.
- Don't be afraid to shift your pace or effort. High heat and humidity will make your *normal* pace or effort feel much harder.
- Like exercising in high heat, try to get your workout in early and plan routes around areas you can stop to refuel or refill your water systems.

COLD

IMPACT: Cold can be deceptive, however, it is still an element to be mindful of. Many aspects of exercise in cold environments can affect nutrition. For example, wearing multiple layers or non-breathable clothing can lead to an increase in sweat loss. The weight of the clothing itself could also increase energy expenditure (think ice hockey vs. early fall cross country). Icy or snowy surfaces can increase energy expenditure as you try to stabilize to avoid falling. Your body also has respiratory losses of fluid from warming and humidifying cold, dry air entering the body. One last example, which you should try to avoid, is the additional energy expenditure if your body is shivering, a survival mechanism to generate heat.



RECOMMENDATIONS:

- Don't skimp on fueling and hydration. Just because it may not seem like you need it, your body is still losing fluids and likely expending more energy.
- Be mindful of clothing and its impact. If you are wearing heavy or non-breathable clothing, be mindful of additional fluid

losses. Try to find the sweet spot with your clothing choices to avoid shivering but also prevent overheating.

- If the terrain is icy or snowy, you may need additional fuel to support your exercise. Be prepared by bringing fuel and fluids with you. *It's important to note, some products can freeze or harden in the cold, making them more difficult to consume.*
- Side note: Shoveling DOES count as exercise, so please fuel and hydrate accordingly!

ELEVATION/ALTITUDE

IMPACT: It can take time to acclimate to altitude, but we typically don't have weeks to allow our body the time it needs. Altitude can affect nutrition in many ways. Especially for someone who is



not acclimated, *normal* efforts will be much more intense for the body.

I participated for 10 years in the Cascade Lakes Relay, and our team would always chuckle about "being in the red" in terms of heart rate when we kicked off the race at >5000ft of elevation (at the time we all lived in Portland, which is just above sea level). It was incredible how hard a seemingly easy pace could be, no matter how well trained you were entering the race.

Fluid needs will increase at altitude. We may also deplete

carbohydrate stores (glycogen) more readily. Additionally, an athlete may see an increase in basal metabolic rate when initially exposed to altitude, so energy needs may be higher. Unfortunately, at the same time, some may experience a loss of or decrease in appetite.

RECOMMENDATIONS:

- You may need to increase both total energy intake and carbohydrate intake, at rest and during exercise, when exposed to changes in altitude, especially without time to acclimate.
- Be sure to increase fluid intake and be mindful of signs of dehydration (e.g., urine color).
- Be prepared with extra fluids and fuel to support performance.

The environment can certainly affect our performance, and often it can be out of our control. One thing that IS in our control is our nutrition. I hope these hints help you better prepare for the elements, near and far. ■



Kate Harrell Jenkins is a registered dietitian, certified sports dietitian, personal trainer and group fitness instructor. She loves all things wellness, and is an avid runner with over 20 marathons and ultramarathons under her belt. She also has a passion for working with Parkinson's and is certified in Rock Steady Boxing, PWR! Moves and Pedaling for Parkinson's. Kate believes in bringing together nutrition and fitness and would love to talk with you! Feel free to email Kate at kharrell@ymcafoxcities.org or kateharrellrd@gmail.com. Photo by David Schuhart, DRS Photos

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Why the Best Leaders “Jog the Course”

BY GINA GLOVER

Even before I was involved in cross country, I grew up learning life lessons from the sport. The day my mom went into labor, my dad was about 200 miles away coaching the high school boys' cross country team to victory.

Any kid who grew up in a coach's house knows the lessons aren't saved for the big event. They are part of every day life. But it wasn't until my own kids were in high school cross country that I started connecting the lessons I learned in cross country to the lessons of leadership.

One of the first leadership lessons from cross country is that the best teams make time to “jog the course” together. Most spectators gather at a cross country meet at the start and finish line, but aside from the excitement of the starting gun and the occasional race to the finish line, this is often the least exciting part of the course. A cross country course covers 3.1 miles and, unlike many other sports, the “field” is never a perfectly coiffed stretch of grass.

In the transition from the starting field into the wooded perimeter, roots, rocks, and mud puddles make things interesting. And then the series of hills positioned just after you pass the second mile marker establishes the real mental game, separating the runners who have regularly practiced hill workouts from the ones who ran only “garbage miles” all summer long on sidewalks and paved roads.

If you don't jog the course before the race, you won't know that staying tight to the inside of the turn as you come out of the woods will result in you running straight into some deep mud that will

suck the shoes right off your feet. If you don't jog the course, you might not have the mantra planted into your brain to help you keep your momentum over those hills and without it, the words running through your head will quickly turn into “please let this be over soon”—not much for inspiration.

Whether you are a leader in the plant, the boardroom, or at home, make time to “jog the course” with your team. This might mean sitting down with them each week over coffee to review what they might be struggling with. It might mean establishing a Sunday night meeting at home with your partner and school-aged kids to ensure everyone knows what is coming up in the week ahead. In cross country, and in business, the best leaders “jog the course” so they know what lies ahead and how to help one another overcome the obstacles. ■



Gina Glover is a professional speaker, career coach, and founder of Gina Connects LLC. She specializes in helping individuals and organizations build meaningful connections through her signature keynote, *The 5th Question™*. Since 1996, Gina has served organizations including Girl Scouts, Girls on the Run, Toastmasters, and Habitat for Humanity, and she currently serves as president of the Wisconsin chapter of the National Speakers Association. A coach's daughter and parent of student-athletes, she inspires audiences with stories that bridge the sport of cross country and leadership.

Learn more at www.ginaconnects.com or call (920) 858-4088.

Strength Training: The Secret to Improve Your Running

BY JUSTIN DROESSLER, PT, DPT, CSCS



Running may seem simple, but each step consists of coordinated movement with numerous joints and muscles. Many runners, especially those new to the sport, don't realize the importance of muscle strength. Their focus is often on increasing mileage or minutes per week, while core and lower body strength is put on the back burner. Without the appropriate strength to support your body, this leads to an injury that causes training to come to a stop.

Meet Hailey, an everyday runner with a big goal: Run a half marathon. After a couple months of training, she began having significant low back pain and hip pain that radiated down her leg. This required her to hang up her shoes for more than a year. She tried stretching, home workouts, and resting, but those efforts never provided her the long-term relief she was looking for.

Things changed after Hailey's comprehensive assessment: hip strength, flexibility, balance, and running technique. The culprit turned out to be significant hip weakness. Without this strength, her body lacked the stability to run pain-free. With a tailored program focused on what she needed, she laced up her running shoes again.

Little did she know that key components of her program were missing and put a road block in her ability to get back to running. Without this adjustment to her program, it is likely she would have stopped her favorite activity forever. Online training programs can be helpful, but they are general and not tailored for what you need.

Research has shown the benefits of strength training for improving running performance as well as decreasing overall injury risk. The best part is that you don't need fancy equipment or hours each day. Simple exercises you do at home, or even as part of your warmup, can make a huge difference.

If you feel like you are stuck, feeling discomfort, or just getting started with running, ask yourself this question: Is strength training a part of my program? If not, a running assessment is what you need. Running shouldn't be causing you pain or discomfort; rather, it should be empowering to be able to use your body to complete a complicated movement.



Scan the QR code to access our **FREE** Runner's Resource with simple tips/strategies to add into your running routine. ■



Dr. Justin Droessler is the owner and founder of Droessler Physical Therapy in Kaukauna. He is a Physical Therapist and Certified Strength and Conditioning Specialist who helps active, health-conscious individuals improve movement, reduce pain, and return to their favorite activities. He assists individuals of all ages and activity levels in enhancing their movement.

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OTL OUTSIDE THE LINES

A look at sports from outside of the Fox Cities...

Campground Hosts Feel Like They're Home at High Cliff

BY GREG SEUBERT

Campsite No. 58 at High Cliff State Park has become Bernie and Jane Kempen's home away from home.

For the past seven years, the retired couple and their dog Taz have packed up their camper, left their Kaukauna home, and traveled 20 miles south to serve as hosts in the popular park's family campground.

This year, the Kempens spent all of July at the park. "There's a part of me that thinks I just don't know if I want to sit out amongst the spiders and critters," Jane said.

Jane said she spends most of her time in the park at the campsite.

"Taz has to have at least two walks a day," she said. "The trails are one of my favorite things here."

While Bernie was away, Jane spent part of July 1 tidying up around her temporary home while Taz took a nap under a chair.

"We've been coming here for 35 years and it's something we wanted to do someday," she said. "We like being in nature and we like the people we meet. We meet all different kinds."

Campground hosts have an important job, according to Jane.

"We are here to answer questions like where's the nearest grocery store," she said. "When people leave, it's our job to go and clean out the sites and check the firepits. If they're too full, we empty them. We check each site over after people leave, that's our main job. We sit here and wave as they walk by."

The park has only one campground host for its family campground, which has 112 sites. The park also has a separate group

campground, which can accommodate up to 160 campers at eight sites.

The Kempens arrived at their campsite June 30, less than a week before the Fourth of July weekend, one of the park's busiest times of the year.

Fewer than half of the family campground's sites were occupied on July 1, but that changed a few days later.

"I'm sure it's going to be full," Jane said. "It's actually kind of quiet. You'll hear people laughing at their sites and all kinds of stuff, which I just love to hear. We've never had a major problem in the years we've been doing this. There are a little bit of fireworks here and there and those aren't allowed. We can't tell them not to light them. We get hold of someone with a little authority."

The Kempens have been in the campground during bad weather.

"We had a tree fall on a tent and hurt two people a few years ago," Jane said. "That was not fun. It's not fun being in the woods when it gets windy."

The park's family campground is located in woods on a ridge above Lake Winnebago, Wisconsin's largest inland lake. Many people head to the park to enjoy the beach, marina, and hiking trails, while the family and group campgrounds are separate from those areas.

"What they sell most of their park stickers for is the trail walking, bike riding, all of that stuff," Jane said.

Campers will head off to other parts of the park during the day, which makes the campground pretty quiet.



Jane Kempen gets ready to take the family dog, Taz, on a Gator ride at High Cliff State Park. Kempen and her husband, Bernie, have been campground hosts at the park for the past seven years and spent all of July in the park assisting campers. Greg Seubert Photo

Being fairly close to Kaukauna gives the Kempens a chance to return home.

"I do the wash and Bernie cuts the lawn," Jane said. "It's nice being so close."

High Cliff will always be at the top of Jane's list of favorite state parks.

"When you drive into this place, the rest of the world could fall away and I wouldn't care," she said.

She and her husband have camped at several state properties in the past, including Harrington Beach and Kohler-Andrae state parks and Point Beach and Kettle Moraine state forests.

"We never tented and started with a 16-footer (camper), but we didn't get into major camping until years later," Jane said. "People love their tenting and they wouldn't do it any other way, but I love the comforts of home. Some of us have to have our conveniences. The main thing that makes it fun is the people you're with. The two people across from us come every year. They're a fun group."

Bugs—particularly mosquitoes—can be a nuisance for campers, but that wasn't the case early on at High Cliff.

"We are very surprised there are no mosquitoes with the rain we've had," Jane said. "Not one mosquito, and that's always a plus. Point Beach can be kind of bad because they have all the marsh areas by the campground. We just came from there and they weren't bad at all."

A park ranger asked the Kempens if they'd be interested in hosting.

"It fell in our laps," Jane said. "There's a waiting list for this park to get in. Seven years ago, the ranger here asked us if we wanted to host. Bernie said he had to think about it and I went, 'What are you thinking about? Let's do it, it's our foot in the door.' We've never regretted it."

The Kempens served as hosts in 2020, the year that state parks were shut down because of COVID-19.

"That was a rough year," Jane said. "State parks weren't allowing anyone to come in. My husband called me at the end of June from work and he said they're going to let us in. I was ecstatic, I was crying."

The Kempens and other campground hosts are able to camp for free.

"We have to work for it," Jane said. "We're very busy on some days when the park empties. We can do 90 sites in a day. If it's hot, like it was last Sunday, we don't push ourselves. They don't want us to push ourselves."

Jane hopes she and her husband can host at High Cliff for several more years.

"All I can keep thinking is, it's nice to be outside," she said. "We love to do it together. I don't know how to explain it, but it feels like we're home when we're here." ■



Greg Seubert is a freelance reporter, photographer and editor based out of his rural Weyauwega home. He spent 28 years covering high school sports for the Waupaca County Post, a Waupaca-based weekly newspaper, before stepping down in April 2024. Before that, he spent 10 years as a reporter and editor at four other newspapers in Wisconsin. He joined the Waupaca County Post prior to the start of the 1996-97 school year and eventually covered sports teams from Waupaca, Iola-Scandinavia, Weyauwega-Fremont, Little Wolf (Manawa), Amherst, Wild Rose, Almond-Bancroft, Stevens Point, New London, Clintonville and Hortonville high schools.



The top of High Cliff State Park's 40-foot-high observation tower provides a view of Lake Winnebago's north and east shores. Greg Seubert Photo

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THIS MONTH IN SPORTS HISTORY

AUGUST 1, 1936 XI Summer Olympic Games are opened by Adolph Hitler in Berlin

AUGUST 2, 1921 After 3 hours deliberation a Chicago jury acquits 8 Chicago White Sox accused in Black Sox scandal. The next day they are banned from organized baseball for life

AUGUST 4, 1967 34th NFL Chicago College All-Star Game at Soldier Field in Chicago: Green Bay 27, All-Stars 0

AUGUST 5, 2006 Warren Moon becomes the first black quarterback to be inducted into the Pro Football Hall of Fame in Canton, Ohio. He is joined by Troy Aikman, John Madden, Rayfield Wright, Harry Carson and Reggie White

AUGUST 9, 1971 Satchel Paige inducted into baseball's Hall of Fame

AUGUST 11, 1919 Green Bay Packers football club is founded by George Calhoun and Curly Lambeau - named after Indian Packing Company

AUGUST 12, 1965 Milwaukee Brewers Baseball Club, Inc. applies for a NL franchise

AUGUST 14, 1909 Indianapolis Motor Speedway in Speedway, Indiana, home of the Indy 500, holds its first motorized competition - motorcycle races

AUGUST 19, 1983 LSU football player Billy Cannon sentenced to 5 years for counterfeiting

AUGUST 21, 1982 American MLB Milwaukee Brewers' relief pitcher Rollie Fingers becomes the first pitcher to record 300 saves >>>

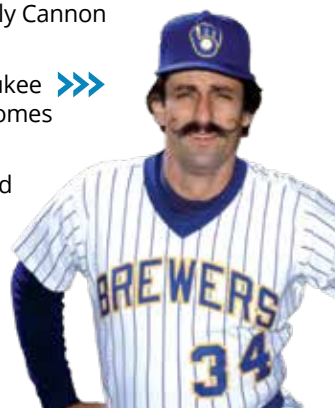
AUGUST 23, 1985 Paul Hornung awarded \$1,160,000 by a Louisville court against NCAA who barred him as a college football analyst for betting on games

AUGUST 25, 1968 Arthur Ashe becomes first African American to win the US singles tennis championship

AUGUST 26, 1987 Paul Molitor goes 0-for-4 ends hitting streak at 39 consecutive games

AUGUST 28, 1992 Brewers beat Blue Jays 22-2 with American League record 31 hits in 9 innings

AUGUST 29, 2018 Star quarterback Aaron Rodgers signs NFL record contract extension with the Green Bay Packers; 4 years worth \$134 million rising to a possible \$180 million with a record \$103 million in guarantees



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"I do have high expectations, like anyone does. I expect myself to do well. It comes with all of the work I've put in and what I expect from that work." ■

~ J.J. Hardy

James Jerry (J.J.) Hardy is an American former professional baseball shortstop. He played for the Milwaukee Brewers, Minnesota Twins, and Baltimore Orioles.

Jensen Ver Voort pitching in the Wood Bat Tournament at Appleton East High School on July 12, 2025.

PARTING SHOTS

Photo by Paul Stumpf, P.S. Portraits

