

PaceSetters of the Fox Cities - Membership Benefits



Our members give back and we would like you to JOIN US!

The PaceSetters of the Fox Cities often go unrecognized in the community even though the club is extremely active year round in getting the Fox Cities community more active and in promoting better health through club programs, events and activities. In addition, the club contributes monetary gifts to other "like-minded" non-profits and promotes member volunteerism to other organizations, non-profits and charities. Below are just some examples of how the PaceSetters give back to our community. We are proud of the club's altruistic reputation and even more proud of the membership for caring about the health of the citizens of the Fox Cities Wisconsin. As a service to the community, the club contracts to provide race services. These services range from renting equipment to expert support personnel. The club provides services to over 30 events during the year ranging from 5Ks to marathons. These events are made possible by the help of member volunteers.

1. Contributions and gifts to:

- a. Hilbert Revitalization Committee (non-profit)
- b. Run/Walk Series/Activate Fox Cities
- c. St. Joseph Food Pantry
- d. Fox Cities trail projects
- e. YMCA of the Fox Cities
- f. Annual Scholarships for high school seniors going on to college and running

2. Volunteerism:

- a. American Cancer Society - Sole Burner
- b. Community First Fox Cities Marathon Festival of Races
- c. Cellcom Green Bay Marathon
- d. Midwest Sports Events
- e. Neenah Youth runs
- f. YMCA of the Fox Cities events - Bret Younger 10K, Freaky Friday 5K & Mom's 2M Run/Walk
- g. Wellness Expos – SCA, Secura & Thrivent

3. Training for community members through:

- a. Running 101 classes
- b. Walking sessions & runs in Appleton, Oshkosh & the Twin Cities
- c. Speed/Track workouts
- d. Fox Cities Marathon training runs
- e. Pacing groups - Fox Cities Marathon & Green Bay Marathon
- f. Monthly speakers & Fun Runs/Walks
- g. Annual events - Run for Home, Cross Country 5K, Cheesehead Runs and St Joe's
- h. Nationally recognized speakers and training clinics – previously John Bingham; Bart Yasso; Jeff Galloway; Suzy Favor Hamilton

- Opportunities to learn and share with others a positive approach to a healthy lifestyle.
- Support running and walking in the Fox Cities area.
- Discounts at the local running stores and other health related businesses.
- Group runs and walks including beginner programs, speed workouts, tempo runs, hill repeats.
- Training teams.
- Membership in our national organization, The Road Runners Club of America.
- Meet other runners, joggers, walkers, tri-athletes and fitness enthusiasts from the Fox Cities area at monthly meetings and local fitness events.
- Weekly/Monthly Club Fun Runs/Walks (Year round activities)
- Monthly Club newsletter to keep you updated on club events and related topics.
- The chance to partake in community service and volunteer opportunities.
- Annual Badgerland Striders booklet listing all races throughout the state.
- Special receptions, clinics, and expos related to the sport of running and walking.
- Fellowship, food and an interest in the simple pleasures of life.
- Additional activities for family and friends.
- 10% Discount at Gear'N Up; RunAway Shoes (both locations); Smartstore.com; YourTrainingZone.com; 10% Savers Card @ Fox Valley Running Co
- 15% Discount on non-sale shoes at Scheels Sports; Jeff Galloway Training; Rogan Shoes
- Mail-in Discount for the annual Community First Fox Cities Marathon events
- \$5.00 discount on all Elite Racing Marathons

Monthly Meeting Schedule - are held the 4th Wednesday 8 times each year at Gardens of the Fox Cities, Memorial Park, Appleton. Topical speakers, vendors and snacks. No charge. Check the website for the latest information.

Runs & Walks for Everyone - In Fall & Winter, reflective gear, headlamp and/or flashlight is recommended for safety.

Saturday Morning Run/Walk – Starbucks on College Ave in Appleton every Saturday morning at 8 am. 4-10 mile low key run or walking groups for all levels.

Saturday Morning Run/Walk - Oshkosh — Starting Saturdays at 7:30 am. This run/walk is low key and for all levels. Runners & walkers meet at Starbucks, 240 W Murdock & Jackson, Oshkosh. 3 Miles, 5 Miles & 7 Miles.

Sunday Morning Run — Sunday mornings with starts at 5:30, 6:00 & 7:00 am. Contact Norb Lauer at 920-997-0591. (Check Calendar for any changes.) The run starts at:

5:30 am: Norb Lauer's house, 1524 S Matthias St, Appleton with pickup at

6:00 am: Pullman's Restaurant on Olde Oneida St with a third pickup at

7:00 am: Walgreens near the corner of S Oneida St & Calumet St.

Track Workouts - Each summer the YMCA puts on track workouts on Tuesday evenings, starting in early June and running through mid-August from 6:30-8pm at the Appleton East outdoor track for all individuals 15 and older. Build strength, endurance and speed. Restrooms will be available. Weekly attendance is optional. YMCA and PaceSetters members have a reduced fee for 10 weeks. Contact: Appleton YMCA, 218 E Lawrence St., Appleton, 920-739-6135 or ymcafoxcities.org.

Evening Informal Runs (October through May only) Everyone is welcome!

On Tuesdays at 5:45 pm and Thursdays at 5:35pm. Runners meet in the lobby of the respective YMCA. Build strength, endurance and speed. These runs average 2-7 miles. Check the website for weekly changes.

Tuesday evening from the Neenah YMCA lobby at 5:45pm.

Thursday evening hill run repetitions from the Appleton YMCA lobby at 5:35pm.

2009 Fun Run Schedule – Fun Runs are normally held the 2nd Wednesday of each month at the following locations. Check the website calendar for directions and times:

Date	Location	Event	Food
January 14, 2009	Memorial Park Neenah	Course Run/Walk 6 or 8 miles	Pizza
February 11, 2009	Oshkosh YMCA	Course Run/Walk 3 or 6 miles	Pizza
March 11, 2009	Downtown YMCA Appleton	Course Run/Walk 3 or 6 miles	Sal's Pizza
April 8, 2009	Stone Cellar Beer Run Appleton	Course Run/Walk 3 or 6 miles	Pizza & Beer
May 13, 2009	Town Hall Town of Clayton	Wiouwash Trail 2 - 8 miles	Chili Potluck
June 10, 2009	Heckrodt Wetland Reserve Menasha	Course Run/Walk 5K or 10K	Subs & Sundaes
July 8, 2009	High Cliff State Park Sherwood	Trail Run/Walk 5 miles	Potluck
August 12, 2009	Gear'N Up Neenah	Prediction Run 5K or 10K	Cousin's Subs
September 9, 2009	Green Meadows Park Appleton	Hash Run/Walk	Subs
October 14, 2009	Bubolz Nature Center Appleton	Trail Run/Walk 1.5-4.5 miles	Fazoli's
November 11, 2009	Under the Dome Sports Bar Neenah	Course Run/Walk 3 or 6 miles	
December 9, 2009 (Friday)	Scray's Hill Run DePere (rsvp-730-9222)	Holiday Light Run 9 miles-hilly	Subs

2009 PaceSetters' Event Schedule

Date	Event	Start Time	Location
April 4, 2009 <small>1st Sat of April</small>	Run for Home 5K & Youth Runs for Fitness	8:30 AM	Fox Cities Stadium Appleton WI
August 5, 2009 <small>1st Wed of August</small>	PaceSetters XC Run	6:00 PM	Winnebago County Park Oshkosh WI
August 29, 2009 <small>Last Sat of August</small>	Cheesehead 5K & Half Marathon	8:00 AM	Village Hearthstone Restaurant Hilbert WI
Oct 31, 2009 <small>Last Sat of October</small>	St Joe's 5K Run/Walk	8:45 AM Walkers 9:15 AM Runners	Germania Hall Menasha WI

2009 Community First Fox Cities Marathon Training Series Schedule

Train for the Marathon, Half Marathon, Power Walking, Relay & 5K events with the PaceSetters. Water & Gatorade Endurance is available. Check the website for starting times and locations from late-May through the Cheesehead Run/Walks August 29, 2009.

2009 Community First Fox Cities Marathon Weekend of Events:

DATE	TIME	EVENT	LOCATION
Sept 18	4:00 - 7:00 PM	Affinity Health & Fitness Expo Registration Packet Pickup	FVTC
Sept 19	8:00 AM	Time Warner Cable 5K	FVTC
Sept 19	9:00 AM - 6:00 PM	Affinity Health & Fitness Expo Registration Packet Pickup	FVTC
Sept 20	6:00 AM 7:55 AM 8:00 AM 8:05 AM	Early Start Wheelchair Start Runners Start Walkers Start	UW-Fox Valley

(Registration required-PaceSetters Member Discount available)

PaceSetters Memberships (A 501c3 Tax Exempt, Non-Profit)

Individual one year - \$20.00
Individual lifetime - \$150.00
Family one year - \$35.00

PaceSetters of the Fox Cities
PO Box 681
Menasha WI 54952

Save Time and Register Online for PaceSetter Events at: PaceSettersRun.org