

Community and Youth Interest

32nd Annual Grunski Runski and Kids FunRunski!



Thank you to Lakeview Credit Union for sponsoring the Grunski Runski!

Grunski Runski and FunRunski Schedule

Date: Saturday, August 11
Start Location: Jefferson Park Pool
Times:
8:20 a.m. — 10K Walk and Wheelchairs
8:25 a.m. — 10K Run
8:30 a.m. — 5K Run/Walk
*10:15 a.m. — 1/4 mile, 6 & under
*10:20 a.m. — 1/2 mile, 7-12
10:40 a.m. — Awards

*-untimed event



Thank you to Outdoor Outlet and Cranked Bike Studio for sponsoring the Kid's Run!

Fees:	Grunski Runski 10K/5K Entry Fee and Shirt	until August 2—\$17.00	August 3rd and after—\$20.00*
	Grunski Runski 10K/5K Entry Fee No Shirt	until August 2—\$12.00	August 3rd and after—\$15.00
	FunRunski 1/2 & 1/4 mile Entry Fee and Shirt	until August 2—\$ 5.00	until August 2—\$ 5.00*
	FunRunski 1/2 & 1/4 mile Entry Fee No Shirt	\$ 3.00 until race day	

T-shirts only guaranteed if registered by August 2. Events co-sponsored by the Neenah-Menasha YMCA. Forms available at the Menasha Parks and Recreation office and Neenah-Menasha YMCA by April or register on-line at www.active.com and search Otto Grunski Runski. **Number and t-shirt pick-up along with late registration will be held Friday, August 10 at the Main Pavilion, Jefferson Park (915 Third Street) from 11:00 a.m.-6:00 p.m.** Day-of registration starts at 6:30 a.m. at the Jefferson Park, Main Pavilion.

*Some shirts may be available on race day, but they are not guaranteed. Form available to order shirt, pick-up date TBD at City Hall.

Bike Races: starting at 12:00-Noon. Junior through Men's divisions. Food, beverages and fun. Criterium races start on Broad Street. Sponsored by O2 Cycling and Heavy Pedals Velo Club.

Senior Games

Date: Tuesday, August 14
Location: Pierce Park, Appleton
Time: 9:00 a.m. to 1:00 p.m.
Fee: \$8.00 on/before July 20
\$10.00 after July 20

Includes games, educational booths, workshops, entertainment, lunch and prizes for seniors 55 and older.

- All area Senior Citizens are invited to participate in this "Olympic" style series of competitive games.
- Registration forms available at the Menasha Senior Center, Neenah-Menasha YMCA and Neenah City Hall. Call the Menasha Senior Center at 967-3530 for more information.
- Make checks payable to M & I Bank, no on-site registration.
- Free transportation from Menasha Senior Center or YMCA to park and back.

Fitness Classes at Menasha Senior Center and Pool

Many fun and affordable fitness class opportunities at the Menasha Senior Center located at 116 Main Street, Menasha. A \$10.50 or \$21.00 punch card lets you mix and match classes. Class examples would include Silver Sneakers® Muscular Strength and Range of Movement, Beginner Line Dancing, Intermediate/Advance Line Dancing, F.A.B.S (Flexibility, Agility, Balance, Strength), Zumba Gold, and Silver Sneakers® Yoga Stretch. Contact the Senior Center at 967-3530 for more details.

See page 9 for a new Water Exercise class on Fridays!

Skate Jam

A back to school event for Menasha area teens!

Saturday, September 8 1:00 p.m.-7:00 p.m.
Hart Park — Menasha



Tentative schedule to include: Skateboard Trick contest (1:00-5:00 p.m.) open skate before and after the event, DJ music, games, product giveaways, food, beverages and more!

Co-sponsored by several youth organizations. For more information call Travis Bricco at 886-0500.