

# FUN RUNS

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## Simple fun

Running is an uncomplicated sport. For very young children who have not mastered basic skills such as kicking, throwing, or batting, running allows them to keep active in a very simple way. Fun runs also provide an avenue for children who aren't interested in organized sports. Running only requires a child to be able to put one foot in front of the other and as a result can make a child feel



Fun runs are a great way to get kids out and about this summer. (Photo by Deanne Haines)

good about what they can accomplish.

## Inexpensive fun

Without expensive equipment to buy or

league fees to pay, a pair of tennis shoes is all your child needs to enjoy running. Organizers of fun runs sometimes charge a registration fee for a race, but the fee is usually nominal.

## Family fun

Running is a way for families to build healthy habits together. Parents and children alike can adopt active lifestyles by lacing up their shoes and pounding the pavement.

Jen and Tim Ziemer signed their son, Kyle, up for his first fun run when he was seven. "We signed Kyle up because Tim was doing the marathon and we thought it would be fun for them to share that experience," said Jen. "We wanted to give him the thrill of racing and hopefully instill a love for running." It worked. Years later, Kyle still loves to run.

As for me and my family, race days are a great bonding experience creating lasting memories. It's especially exciting for me to witness my kids having a blast without giving a second thought that they're exercising - they're just having fun.

# Helpful tips for your child's first fun run

Carol Goodrow, author of the book *Kids Running: Have Fun, Get Faster & Go Farther*, has this advice for parents whose children are participating in their first fun run:

- Be on time. Fun runs generally don't last long and you wouldn't want your child to miss out on all the fun.
- Make sure your child has experienced the distance. If running a longer distance, train with your child before the event. A one-mile fun run takes quite a bit of endurance.
- Bib numbers are pinned on the front.
- Shoes should be double-tied.
- Set a meeting place for after the event.
- Remind your child it doesn't matter if he or she finishes in first, second or third place. Everyone who crosses the finish line gets a medal.
- Have fun and praise your child's efforts.
- As soon as you can, put another event on your child's calendar.

Goodrow is the author and illustrator of two additional books about running: a children's chapter book called, *The Treasure of Health and Happiness*, and a journal titled, *Happy Feet, Healthy Food: Your Child's First Journal of Exercise and Healthy Eating*.

# Jones Market is scrumptious shrine

*Editor's note: This is an edited portion of an article by Tristan McGough that appeared in last year's Lakes Edition.*

Jones Dairy Farms' products have been tempting tastebuds since 1889 and now customers have a very direct route to all things Jones Dairy Farm.

Jones Market opened in April of 2016, establishing an attractive face to the Jones enterprise. Formerly only a retail outlet for "seconds" and "by-products," the market now features a wide display of fresh products that can't be purchased anywhere else.

Tripling the size of the store, the new market boldly purveys its own exclusive products, such as hot and mild Italian sausages, fresh bratwursts, and pork tenderloin, as well as the finest assortment of food products from local vendors, like Fireside breads and Usinger's sausages. During breakfast hours, sausage and bacon sandwiches are available.

The market features a full-service deli, a sandwich counter and Jones Dairy Bar, which features Cedar Crest ice cream made in Wisconsin. Deli meats are always fresh, all made without preservatives.

Picnic tables and casual areas are pro-



Inside the new Jones Market (below) and Jones Dairy Bar (above). (Photos submitted by Tristan McGough)



vided in front of the store so customers can leisurely enjoy their purchased repasts.

The four-story 1906 building now housing the first-floor market was the original plant that manufactured Jones' trademark sausage.

Jones Market, located at 601 Jones Ave.

in Fort Atkinson, is open Tuesday through Saturday, 8 a.m. to 6 p.m. Visit [shopjonesmarket.com](http://shopjonesmarket.com) for more information. Jones Dairy Bar has extended summer hours. It remains open until 8 p.m. Tuesday through Saturday and is open Sundays from 12 p.m. to 6 p.m.



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## YOU'LL FIND...

- Breakfast sausage and other classics
- Store exclusive brats & Italian sausages
- Products from other Wisconsin vendors, including Cedar Crest ice cream!



Ice cream available at our Dairy Bar Window, located on the bike path.

JONES MARKET  
Open Tuesday through Saturday, 8 am - 6 pm

DAIRY BAR  
Open Tuesday through Saturday, 8 am - 8 pm & Sunday 12 - 6 pm



Jones Market - 601 Jones Avenue - Fort Atkinson, WI  
Call us: 920-563-2963 [www.jonesdairyfarm.com/jonesmarket](http://www.jonesdairyfarm.com/jonesmarket)