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SUBJECT: Two Performance by River City Cloggers/with one Image

AUTHOR: Harriet Rice, 715.566.1356

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## **Cloggers to perform two shows in Webster**

Sheryl Baker has been teaching clogging and fitness classes in Webster since 2019. Her Tuesday morning class will show off their routines in the Beer Garden at the Central Burnett County Fairgrounds in Webster on the opening day of Gandy Dancer Days, Friday, August 11, at 1 p.m. Admission is free.

“The clogging is a family-style class with all mixed ages and genders. Participants really get a great workout as well as camaraderie,” noted Baker. “I encourage their friends and neighbors to come out and see them perform. It’s entertaining, fun and uplifting. It might even motivate them and inspire them to sign up!”

Nancy Meindel is a local clogger in Baker’s class. “I love going to class because I’ve met a lot of wonderful people. Sheryl’s always smiling; she’s bright and fun – makes your day!” It’s good for your health, too. Studies have reported that dancing one 3-minute routine is equal to jogging one mile helping keep joints and muscles toned.

The following Saturday, August 19, Sheryl and her professional group, River City Cloggers, will perform during Webster’s Augtoberfest at the Fairgrounds between noon and 4 p.m. “I started performing at Danbury’s Oktoberfest in 2008. We’re very excited that Webster has got it up and going again,” said Baker.

Baker formed the River City Cloggers performing group in 2010. They perform 20-30 shows annually all over the Midwest. “The thing we’re recognized for in the competitive world is a great a capella team that focuses on technique, power and precision.” Recently she took her team to a competition in Cincinnati where two of her soloists, including her daughter, Paris, took championship titles.

For details about Gandy Dancer Days and Augtoberfest, visit [websterwisconsin.com](http://websterwisconsin.com). For information about Baker’s Webster classes, call 651.500.3214 or email [sherclog@yahoo.com](mailto:sherclog@yahoo.com).

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### **Optional Sidebar – Clogging History**

**Word Count: 153**

The word "clog" comes from the Gaelic and means "time." Clogging is a dance that is done in time with music – to the downbeat usually with the heel keeping rhythm.

English clog dancing began in 18th century England during the Industrial Revolution. It is thought to have developed in the Lancashire cotton mills where wooden-soled clogs were preferred to leather soles because the floors were kept wet to help keep the humidity high, important in cotton spinning.

In the United State, as the Appalachians were settled in the mid 1700’s by the Irish, Scottish, English and Dutch-Germans, the folk dances of each area met and began to combine in an impromptu foot-tapping style, the beginning of clog dancing as we know it today. Accompanied by rousing fiddle and bluegrass music, clogging was a means of personal expression in a land of newfound freedoms.

*[Wikipedia, Clogging Magazine]*