

# Get Active!

*in Richland County*





## **Welcome to the Richland FIT**

### **“Get Active” Activity Guide**

It is our hope that this booklet will inspire you and your family to move more each day! Choose an activity from the table of contents and explore all the possibilities for fun.

#### ***Richland FIT Coalition***

“Get Active” lists just some of the many wonderful, affordable opportunities for physical activity in Richland County. If you don’t see your own favorite physical activity or active leisure organization listed here, please send your suggestions to:

Richland FIT  
c/o Richland County Health & Human Services  
221 W. Seminary Street  
Richland Center, WI 53581  
(608) 647-8821

Printed and consolidated January 2013

## Who is the Richland "Fitness in Total" Coalition?

The Richland FIT coalition is a group of community partners committed to improving health where it starts—where we live, work and play! Richland FIT received a Transform Wisconsin grant to work on increasing access to places for physical activity through joint-use agreements and to launch a community wide social support campaign "Moving Matters" to encourage community members to GET ACTIVE!

### **Current coalition partners include:**

Curves  
Neighborhood Housing Services  
Pine River Market and Cafe  
Richland Center Parks, Recreation and Grounds Department  
Richland Co. Health and Human Services - Public Health  
Richland Medical Center  
Richland School District  
Scott Consulting Partners  
Symons Recreation Complex  
The Richland Hospital  
The Richland Observer  
UW Extension  
WRCO Radio

If you have questions about the coalition or would like to be involved in future coalition activities visit us online at [www.richlandfit.com](http://www.richlandfit.com) or contact:

Dana Churchill, CHES  
Health Educator, Coordinator of Richland FIT  
(608) 649-5968  
[Dana.churchill@co.richland.wi.us](mailto:Dana.churchill@co.richland.wi.us)

# Table of Contents

- Why Get Active?.....6
- One Small Step Can Change Your Life.....7
- Simple Steps to Getting Active.....8-9
- Revvng Up Your Daily Routine ..... 10-11
- Encouraging Your Child to Be Active ..... 12-13
- Too Tired? Here’s How to Get Energy to Be Active ..... 14-15
- Is Weight Getting in Your Way? ..... 16
  - Get Nutrition Counseling ..... 16
  - Get Support ..... 17
  - Nutrition Counseling and Support for Young Families.... 18
- Websites to Get You Moving..... 19
- Play It Safe..... 20
  
- ACTIVE FUN!
- Take a Walk ..... 21
  - Walking to Get Fit..... 21
  - Walk to the Playground ..... 22-23
  - Play in the Park ..... 24-28
  - Walk Around Town..... 29
  - Walking For a Cause ..... 30
  - Explore What Communities Offer ..... 31
  - Enjoy What Schools Offer ..... 32
- Ride Your Bike..... 33
  - Bike Safely ..... 33
  - Ocooch Mt. Fall Bicycle Tour ..... 33
  - Bike Trail Maps ..... 34
- Find a Trail to Bike, Hike or Walk ..... 35-37
- Grow a Garden..... 38
  - Rent a Garden Plot ..... 39
  - Become a Master Gardener & Other Garden Tips ..... 39

Get in the Swim .....	40
Outdoor Pool .....	40
Indoor Pools.....	41
Fitness Centers .....	42-43
Keep the Kids Busy.....	44
Richland County 4-H Youth Development.....	44-45
Parks & Recreation Programs.....	46
Youth Sports Associations.....	46
A.C.E Camp.....	47
Dance, Gymnastics, Karate Classes .....	48
Adult Sports .....	49
Active Winter Fun.....	50
Sledding/Snowshoeing .....	50
Outdoor Ice Skating and Ice Hockey .....	51
Cross-Country Skiing.....	52
Snowmobile Trails.....	53
Active Family Outings .....	54
Visit a Farm, Orchard, Greenhouse or Winery .....	54
Go Bowling .....	55
Go Roller-Skating & Join Roller Derby.....	55
Lifetime Activities (Tennis & Golf) .....	56
Go Fishing.....	57
Go Canoeing or Kayaking .....	58
Canoe & Kayak Rentals .....	59
Archery.....	60
State Natural Areas .....	61

Inclusion of organizations and businesses in this booklet do not constitute an endorsement by Richland FIT. Please call contact numbers to verify times and prices of activities—they are subject to change without notice.



## Why Get Active?

### **Control Your Weight!**

Making physical activity a habit helps you achieve a healthy weight. If you need to lose weight, physical activity increases your ability to burn calories and curb your appetite.

### **Improve Your Health!**

Regular physical activity can help you lower your cholesterol, blood pressure, and blood sugar levels. It can reduce your risk for heart disease, diabetes, hypertension, osteoporosis, and even some cancers.

### **Increase Your Energy!**

Being physically active increases your general energy level and stamina. You feel less tired! Daily physical activity helps you to sleep better, too, which can improve your mental alertness.

### **Feel Happy!**

Physical activity can fight depression and increase self-esteem. Physically active people cope better with stress and have more fun.

### **Give Your Kids the Best Start!**

By being physically active and encouraging physical activity, parents can protect their children from obesity, depression and low self-esteem. Physical activity helps build stronger kids and stronger families.

# One Small Step Can Change Your Life



**“Sure, I’d like to get active, but it’s not that easy!”**

Most of us have good reasons for not being more physically active:

“I don’t have the time.”

“I’m too tired!”

“I can’t afford health clubs or exercise equipment.”

“Exercise is boring.”

“I’m not athletic.”

“I work full-time and take care of two kids  
—that’s active enough!”

**It can be easier  
if you take small steps.**

Changing life habits is hard,  
but anyone can take a few small steps  
toward a more active way of life.

Thirteen small steps are listed  
on the next two pages.  
Choose one you can do this week!



## Simple Steps to Getting Active



**1. Get motivated.** Make a list of the reasons why you want to be active and fit. Need more inspiration and information? Visit some of the physical activity websites on page 19.

**2. Rev up your routine.** Make a list of ways you can make the things you already do more active. See "Revving Up Your Daily Routine" on pages 10-11.

**3. Make a plan.** People are more likely to succeed in becoming active if they first make a plan of how to make it happen.

**4. Make it fun.** Browse through this "Get Active" Guide. Make a list of activities you and your family would enjoy.

**5. Make it convenient.** Choose a time, a day and a place that you or your family could do an enjoyable physical activity. Choose times and places that are easy to fit into your life.

**6. Make it realistic.** Adults need to be active for at least 30 minutes a day. But this may be too much for people who are just starting out. If you don't feel you can be active for 30 minutes a day, plan a 10-minute activity three times a day.

<p><b>7. Children need at least 60 minutes</b> of active play every day. Physical activity should be fun, not exhausting. Help your children find activities they enjoy.</p>	
<p><b>8. Put it in writing.</b> Put your personal or family activity goals in writing. Post it on your fridge or anywhere else you can see it daily.</p>	
<p><b>9. See your doctor.</b> Make an appointment for a physical check-up. Get your physician to support your physical activity plan.</p>	
<p><b>10. Get Support.</b> Talk to friends and family about your plan to get more active. Ask them for encouragement. Find a "Get Active" buddy who will do activities with you.</p>	
<p><b>11. Eat right.</b> It's hard to be active when your body doesn't have the right fuel. See pages 15-16 for ways to get sound information on eating right.</p>	
<p><b>12. Track your progress.</b> Keeping a log or diary of your activities can be motivating! See page 19 for websites where you can track your progress online.</p>	
<p><b>13. Reward yourself!</b> Remind yourself every week of the benefits of physical activity. Plan to give yourself or your family members rewards for meeting specific activity goals.</p>	

# Revving Up Your Daily Routine

You can get health benefits from only 30 to 60 minutes of physical activity five days a week. You can do one activity continuously—for example, from 3 to 4 pm. Or you can do several activities in a day—for example, 15 minutes at 6:30 am, 30 minutes at noon, and 15 minutes at 8 pm. Here are ways to get more active:

## At Home

- Vacuum, dust, and sweep at a brisk pace. Make housework a workout. Get done in the half the time!
- Play actively with your kids. Set aside places in the house where it's OK to run, jump, dance or tumble.
- Hide the TV remote. Get up from the couch every time you want to change the channel.
- Exercise along with a television exercise program, or walk in place or do exercises while you watch TV.
- Put a limit on the number of hours spent in front of the TV or computer. Almost anything else you do besides TV-watching or net-surfing will be more physically active!
- Borrow an exercise video/DVD from your local library to do at home. You may have to preview several to find one you would buy to use.
- Do yard work: rake leaves, shovel snow, mow the lawn or plant a garden!
- Walk the dog briskly twice a day.

## At Work and Around Town



- Take the parking spot *farthest* from the building entrance.
- Take the stairs instead of the elevator.
- Instead of a coffee break, take a “stretch” break. Do five minutes of stretching exercises to boost your alertness.
- Walk over to co-workers’ offices or desks instead of calling or using e-mail.
- Take a 10-minute walk during your lunch break.
- Walk or ride a bike for short errands.
- When shopping at the mall, take a fast walk from one end of the mall to the other before you buy your first item.
- Keep a pair of comfortable walking shoes in your car or office to be ready for activity at all times.



## Encouraging Your Child to Be Active

Children need at least 60 minutes of active play every day. Physically active children are healthier, happier, and better able to succeed in school. Your children depend on you to give them every chance to be active.

### Turn off the TV!

- Children who watch too much television are more likely to be inactive and overweight. They do not spend as much time running, jumping, and getting the exercise they need. They also see many commercials for unhealthy foods, such as candy and sugary cereals. For this and other reasons, **the American Academy of Pediatrics recommends only 1-2 hours of TV a day for children, and no TV at all for kids under age 2.**
- Give children something else to do besides watch TV— see pages 44-48 for clubs, sports teams or summer camps your child could join.

### Walk!

- Make walking a family custom. Take daily walks. Even young toddlers should get out and be on their feet as much as possible. Take a stroller for the little ones, but give them a chance to walk at least part of the way.

- Go someplace fun! Walk with your children to a friend's house, park or playground. For a change of scenery, find a new playground or park in another neighborhood. Walk to the local library for children's story hours or to a Farmer's Market on Saturdays.
- Walk your kids to school! Giving your kids an opportunity for exercise before school will help them focus and be ready to learn when they get to school. It also allows parents to be a physical activity role model.

## **Play!**

- If you have a backyard, play family games of tag, hide-and-go-seek, badminton, catch, or kick a ball around. Let the kids know that games are about having fun, not about winning.
- Give your children toys that encourage physical activity, such as balls, jump ropes, sidewalk chalk, kites, hula hoops, foot bags, tricycles, bikes, dance CDs, scooters, skates, and Frisbees.
- Celebrate with physical activity. For birthdays and other celebrations, do something physically active instead of the usual ice cream or fast-food outing. Go apple-picking, swimming, canoeing, fishing, bowling, hiking, or horseback riding. (See pages 54-60 for "Active Family Outings.")
- Be a role model to your children. If you enjoy physical activity, they will too.



## ***Too tired?*** **Here's How to Get Energy to Be Active:**

### **Have breakfast.**

Your body needs to recharge after a long night without food. Fasting too long between meals causes fatigue. Breakfast is a great investment in your day.

### **Drink water.**

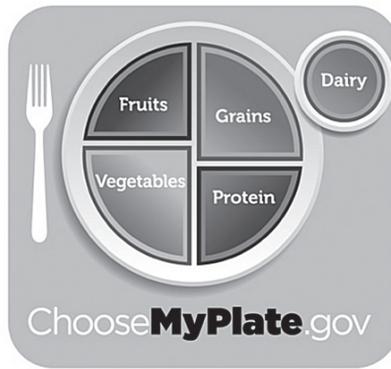
Many people feel tired when they are dehydrated. Be sure to drink enough water to make your urine pale yellow or almost clear. Carry water with you when you exercise. Drink water throughout the day. Water quenches thirst better than soda or coffee.

### **Get outside.**

Sunlight can wake you up and get you moving. You should get at least 20-30 minutes of sun on your hands and face two to three times per week for vitamin D production. While you're outside, take deep, refreshing breaths. Deep breathing can also relieve stress and fatigue.

### **Get enough sleep.**

According to the National Heart, Blood and Lung Institute, most people need about eight hours of sleep a night to feel refreshed and alert. Make sleep a priority for you and your children. Get to bed at the same hour most nights. Avoid habits that can rob you of sleep, such as having heavy meals, caffeinated beverages or alcohol close to bedtime.



## Eat right.

A body can't be active without the right fuel. It's important to eat a balanced diet that incorporates as much fresh food as possible. The USDA encourages everyone to "Make half your plate fruits and veggies". Below are other tips to help you make healthy choices:

- **Focus on fruits** - Make half your plate fruits and veggies
- **Vary your veggies** - Brighten your plate with veggies that are red, orange or dark green
- **Make at least half your grains whole** - This includes bread, pasta and other grains like oatmeal
- **Go lean with protein** - Select a variety of protein foods including seafood
- **Get your calcium-rich foods** - Switch to fat-free or low-fat (1%) milk

For more information on good nutrition, visit [www.choosemyplate.gov](http://www.choosemyplate.gov)

Others features on this site include:

- Body Mass Index Calculator
- Weight Management Resources
- "Super Tracker" food and activity log and individualized food plans

# Is Weight Getting in Your Way?

Getting active can be hard if you are carrying excess weight. If you or other family members are overweight, you are not alone! According to recent surveys, **75% of the adults in Richland County are overweight or obese.** (2004-2006 Behavior Risk Factor Surveillance Survey)

Physical activity can help you lose weight by burning calories, boosting your metabolism, and curbing your appetite. However, the most effective weight loss plans combine physical activity with healthy eating.

## Get Nutrition Counseling

If you or your child are overweight, you may need individual nutrition counseling from a registered dietitian—an “R.D.” This is especially true if your family has other health concerns, such as diabetes, high blood pressure, high cholesterol levels, or a history of heart disease. Some insurance plans cover the cost of dietetic counseling; ask your doctor for a referral to a dietitian. Here are a few of the dietitians practicing in Richland County:

### **Danielle Varney, RD, CD**

Nutrition Coordinator  
UW-Richland Extension  
(608) 647-6148

### **JoEllen Neefe RD, CD, CDE**

Certified Diabetes Educator  
Richland Hospital  
(608) 643-3311

### **Mary Jo Coleman, RD, CD**

Richland Hospital  
(608) 647-6321

### **Ty Mulholland, RD, CD, CDE**

Clinical Nutrition Supervisor  
Richland Hospital  
(608) 647-6321

# Get Support

Many people find it easier to develop new exercise and diet habits if they join a group of other people who are focused on the same goals. Here are some sources of support in and near Richland County:

## **OA (Overeaters Anonymous)**

Overeaters Anonymous is a fellowship of individuals sharing experiences, strength and hope, to recover from compulsive overeating.

**OA Meetings near Richland County** are held Tuesdays at 7:00 pm at St. Joseph's Hospital Education Conference Room, 400 Water Avenue, Hillsboro, WI 54634. Contact Cassidy: [madison@region5oa.org](mailto:madison@region5oa.org) or go to [www.oa.org](http://www.oa.org) for more information. Additional meeting locations can be found by calling the Madison Area OA Intergroup automated phone list: **(608) 663-8823**

## **Weight Watchers International**

Weight Watchers International is a company that provides weight loss services, including weekly support meetings. The meetings include confidential weigh-ins, and discussions on how to enjoy healthy eating and exercise, using Weight-Watchers program materials. There is a meeting fee.

**Weight Watchers meetings** are held Thursdays at 6:00 pm at The Richland Hospital in Pippin Hall, 333 East Second Street, Richland Center, WI 53581. Visit [www.weightwatchers.com](http://www.weightwatchers.com) or call 1-800-651-6000 for more information or to register for a meeting.

## **TOPS (Take Off Pounds Sensibly)**

Tops is a non-profit weight-loss support organization that seeks to offer 'A supportive approach to weight control at a sensible price'. TOPS weekly meetings offer private weight-ins and positive reinforcement to help members stick with their food and exercise plans. The annual membership fee is \$20, plus \$2.50 per meeting. The first meeting is free.

**TOPS meetings in Richland County** are held every Wednesday night from 4:30 to 5:45 at the Brewer Library, 325 North Central Ave., Richland Center, WI.

# **Nutrition Counseling and Support for Young Families on a Budget**

If you are getting by on a limited income, you can receive free nutrition support and counseling from the WIC Program, Head Start, or UW-Extension.

## **SWCAP WIC Program**

149 N. Iowa St., Dodgeville, WI 53533

Southwest CAP employs Registered Dietitians to provide individual counseling to pregnant women and parents of children younger than five years old. A dietitian can answer parents' questions, for example, about low-fat eating for adults or appropriate portions for children.

Call to make an appointment to enroll call **(608) 935-2326** or **1-800-704-8555**. [\*\*www.swcap.org\*\*](http://www.swcap.org)

## **SWCAP Head Start of Richland County**

212 E. Chapel Street, Dodgeville, WI 53533

Part of the Head Start mission is to ensure the health of children enrolled in its preschool centers. A trained nutritionist supervises the nutrition activities and helps parents learn how to select healthy, well-balanced meals on a budget.

Contact the Head Start Office to receive an enrollment application **(608) 935-3379** or **(800) 494-8899**. [\*\*www.swcap.org\*\*](http://www.swcap.org)

## **Wisconsin Nutrition Education Program**

UW-Extension Nutrition Education Program  
1000 Hwy. 14 West, Richland Center, WI 53581

The WNEP can help participants learn how to prepare healthful meals and snacks, keep food safe to eat and develop a spending/saving plan to make food dollars last through the month. WNEP partners with community agencies to provide nutrition education at food pantries, elementary schools, HealthCheck clinics, senior dining centers and WIC clinics.

Contact Danielle Varney, Coordinator  
(608) 647-6148 or at [\*\*danielle.varney@ces.uwex.edu\*\*](mailto:danielle.varney@ces.uwex.edu)  
[\*\*www.richland.uwex\*\*](http://www.richland.uwex)

# Websites to Get You Moving



The following websites offer you interactive tools to help you set physical activity goals, track your progress, and stay motivated along the way:

**Super Tracker** - U.S. Department of Agriculture  
[www.supertracker.usda.gov](http://www.supertracker.usda.gov)

**Shape Up America!**  
[www.shapeup.org](http://www.shapeup.org)

**Making Health Easier** - CDC Funded Communities Programs  
<http://makinghealtheasier.org>

**Physical Activity** - Center for Disease Control and Prevention  
[www.cdc.gov/nccdphp/dnpa/physical/index.htm](http://www.cdc.gov/nccdphp/dnpa/physical/index.htm)

**Nutrition, Physical Activity & Obesity Prevention Program**  
WI Dept Health Services  
<http://www.dhs.wisconsin.gov/health/physicalactivity/>

**Strong Women** – National Evidence Based Exercise Program for Midlife Women  
[www.strongwomen.com](http://www.strongwomen.com)

**BAM! Body and Mind™** - Center for Disease Control and Prevention  
[www.bam.gov](http://www.bam.gov)

**President's Council on Fitness, Sports and Nutrition**  
<http://www.fitness.gov/>

**Kidnetic** - International Food Information Council  
Online computer games that encourage children to get on their feet and move!  
[www.Kidnetic.com](http://www.Kidnetic.com)

# Play It Safe

## **Before beginning any regular physical activity program, check with your doctor if you...**

- Have heart trouble, high blood pressure, or joint pain;
- Feel severe breathlessness or pains in your chest or left side when you exercise;
- Often feel faint or have dizzy spells; or
- Are over 50 years old and are not used to a lot of physical activity.

## **When you walk, hike, or bike outdoors...**

- Plan your activity in the daytime or at night in well-lighted areas.
- Do not wear jewelry or carry a purse.
- Do not wear headphones.
- Be aware of your surroundings.
- Tell someone where you are going and when you will return.
- Carry a cell phone if you have one.

## **Be prepared...**

- Bring a bottle of water, to prevent dehydration.
- For sun protection in the summer, use a sunscreen with SPF 30 or greater.
- Wear clothes that will keep you dry and comfortable. Look for synthetic fabrics that absorb sweat and remove it from your skin.
- For extra warmth in winter, wear a knit cap. To stay cool in summer, wear a baseball cap or visor.
- Do light stretching for 3-5 minutes before and after you exercise. This will help prevent sprains and other injuries.

# Active Fun!



## Take a Walk

As a physical activity, walking is hard to beat- It's free. It requires no special skills. And most people of any age can do it. It's an activity a family can easily do together, but it's also a great thing to do when you need time by yourself. This book is a great resource for places to walk, but the opportunities are really limitless once you step out the front door!

## Walking to Get Fit

- Walk with your chin up and your shoulders held slightly back.
- Walk so that the heel of your foot touches the ground first. Roll your weight forward.
- Walk with your toes pointed forward.
- Swing your arms as you walk.
- Think of your walk in three parts. Walk slowly for 5 minutes. Increase your speed for the next 5 minutes. Finally, to cool down, walk slowly again for 5 minutes.
- Try to walk at least three times per week. Add 2 to 3 minutes per week to the fast walk. If you walk less than three times per week, increase the fast walk more slowly.
- To avoid sore muscles, *start gradually*. Over several weeks, begin walking faster, going further, and walking for longer periods of time.

## **Walk to the Playground**

If you have small children, you may want to walk to a neighborhood park or play lot that has play equipment. Once you're there, don't just watch your kids play at the playground — play with them! Push the swing, run beside the merry-go-round, or climb the monkey bars!



Vary your playground routine: Bring a jump rope and teach your child how to use it. Take along a pack of sidewalk chalk and play hopscotch. There are dozens of simple outdoor games kids can play that require little or no equipment. If you can't recall how to play these games from your own childhood, check out a book on kids' games from your local library.

## **Outdoor Play Equipment in Richland County**

### **Boaz**

Boaz Community Park

### **Cazenovia**

Weston Schools

Village Park/Old School Building

### **Gotham**

Community Park on Fulton Street

### **Hub City**

Mick Memorial Park

### **Ithaca**

Ithaca Schools

**Lone Rock**

Brace Park  
Lone Rock Elementary School

**Richland Center**

Krouskop Park  
North Park  
North Lake Park  
Strickland Park  
West Side Park  
Local schools: Doudna, Eagle School, Jefferson, Lincoln, St. Mary's

**Rockbridge**

Pier County Park  
Old School Building

**Viola**

Banker Park  
Park behind Viola Municipal Building



## **Play in the Park**

If you want a place where you can really stretch your legs, go on a nature hike, throw a Frisbee, fly a kite, or have a picnic, check out a community or county park! Listed here are just some of the many local parks where you can hike and picnic. See how many parks you can visit in a year.

### **Boaz**

#### **\_\_\_ Boaz Community Park**

On County Hwy. E/171 in Boaz

#### **Amenities**

- Softball/Baseball Diamond
- Play Equipment
- Pine River/Mill Creek Access
- Community Center Building

### **Cazenovia**

#### **\_\_\_ Memorial Park**

On Park Street off Hwy. 58 in Cazenovia

#### **Amenities**

- Basketball Court
- Tennis Court
- Horseshoe Pit
- Baseball and Softball Diamonds
- Shelters/ Restrooms/ Some Camping
- Lee Lake Fishing/Boat/Canoe Access

#### **\_\_\_ Village Park**

Main Street, In front of old school building

#### **Amenities**

- Basketball Court
- Play Equipment
- Open Field



## **Eagle Cave**

16320 Cavern Lane, Blue River, WI

Tour the cave and view fantastic formations. Located just off Highway 60, Eagle Cave is the only pure onyx cave in the area; spanning 2,445 feet in length. Outside the cave, the grounds offer opportunities for camping, hiking, canoeing and fishing.

Call (608) 537-2988 for more information or visit

<http://www.eaglecave.net/>

## **Hub City**

### **\_\_\_ Mick Memorial Park**

Hwy. 80, 2 miles north of Rockbridge

### **Amenities**

- Play Equipment
- Baseball/Softball Diamond
- Open Fields

## **Richland Center**

### **\_\_\_ Krouskop Park**

North Jefferson Street

A 37.5 acre park is the hub of the city, with the Pine River flowing through it, and trails lining it. The park provides access to miles of hiking, fishing and canoeing adventures. Parking lot is located off Hwy. 80 North.

### **Amenities**

- Playground Equipment
- Swimming Pool
- 2 Lighted Baseball/Softball Fields
- Basketball Court
- 3 Lighted Tennis Courts
- 2 Sand Volleyball Courts
- 8 Shelters with Areas for Picnicking, Including Grills
- 2 Gazebos
- 18 Hole Frisbee Golf Course
- Horseshoe Pits
- Restrooms
- Access to fishing and canoeing on the Pine River
- Outdoor skating rink with warming shelter in winter
- Access for walking/biking on the Pine River Trail

### **\_\_\_ North Park**

Allison Park Drive

A 12.5 acre park, on the north side of the Pine River.

#### **Amenities**

- 2 Lighted Baseball/Softball Fields

- 2 Soccer Fields

- Double Shelter for Picnicking and Concessions

- Playground Equipment

- Open Fields

### **\_\_\_ North Lake Park**

North of North Park, off State Hwy. 80

A 3.5 acre park just north of North Park, featuring pond stocked with a variety of fish including blue gills, largemouth bass, perch and catfish.

#### **Amenities**

- Stocked Pond with a Variety of Pan Fish

- Gazebos and Picnicking Areas

- Playground Equipment

### **\_\_\_ Strickland Park**

North Pearl Street & East Street, behind The Richland Hospital.

This is a small .3 acre neighborhood park surrounded by residential property with access to the trails located on Minor Hill.

#### **Amenities**

- Playground Equipment

- Picnicking

- Access to Minor Hill Hiking Trails

### **\_\_\_ Westside Community Park**

North Grove Street

This 3 acre neighborhood park provides access to a historic wood walking bridge across the Pine River, maintained trails along the Pine River and to the Pine River Trail.

#### **Amenities**

- Playground Equipment

- Scenic Views of Pine River

- Wooden Walking Bridge and Pine River Hiking Trails

## **Rockbridge**

### **\_\_\_ Pier Natural Bridge Park**

On Hwy. 80 in Rockbridge

This 10 acre park has a very unusual geological feature—a half-mile long “finger” of blocked and layered sandstone rising nearly 60 feet above the flood plain of two merging valleys. This narrow finger is topped by tall pines and covered with green shrubs. The West Branch of the Pine River meets with the Main Branch underneath this rock formation, which forms a “Natural Bridge”. For more information contact the Natural Bridge Store in Rockbridge, (608) 647-4673.

### **Amenities**

6 Campsites

2 Shelters

Picnic Tables/ Grills

Play Equipment

Pit Toilets

Wading and Fishing

Tunnel to Walk Through Rock Formation

Stairs to Walk to the Top of the Rock for an Amazing View



## **Viola**

### **\_\_\_ Banker Park**

West Commercial Street/ State Hwy. 56/131, in Viola

This 5 acre park is located in the heart of the Kickapoo Valley, nestled along the banks of the Kickapoo River. Canoe rental is available both upstream and downstream of Viola. This park is complete with electric hookups, public showers and an RV dump station.

#### **Amenities**

Overnight Camping, Picnicking Areas, Park Grills Available  
ADA Restrooms, Showers and Fishing Pier  
Canoe Landing on the Kickapoo River  
Horseshoe Pits

### **\_\_\_ Viola Park**

Behind Viola Municipal Building

#### **Amenities**

Tennis Courts  
Basketball Courts  
Skate Park  
Play Equipment  
Open Field

### **\_\_\_ Village County Park**

Located about 1 mile south of the village of Viola on State Hwy. 56

#### **Amenities**

5 Acre Picnic Area  
Large Shelter  
Pit Toilets  
Electric Well

For more information about County Parks contact:

#### **Richland Center Parks, Recreation & Grounds**

(608) 647-8108

<http://www.ci.richland-center.wi.us/parks-rec/>

#### **Richland County Parks Commission**

(608) 647-6148

<http://www.rclrs.net/parkcommission/>

## Walk Around Town

Playgrounds and parks are not the only interesting places to walk. Richland County's towns and villages have many historical sites and beautiful houses to see. Family sight-seeing walks are a wonderful opportunity to learn about your community and teach your child about the past.



## Historical and Architectural Walking Tours in Richland Center

History buffs will enjoy a walking tour of Richland Centers' Historic District, where more than two dozen outstanding buildings reflect the tastes and styles of days gone by. The historic district includes:

- The 1873 Park Hotel
- The 1889 Courthouse
- Frank Lloyd Wright - designed A.D. German Warehouse
- The 1920's Prairie School-designed Fred H. Pratt House
- One of the oldest homes in the city, the red brick Greek Revival-style James McKee house, was built in 1858.
- The Wrigley House, the city's oldest rental property, perhaps the birthplace of Frank Lloyd Wright, was also built in the 1850's.

Tours are available on Saturdays, May through October - \$10.00 per person, 1 1/2 hours long. To make a reservation call 608-604-5034 or by email: [sandhillmktg@gmail.com](mailto:sandhillmktg@gmail.com)

To get more information or a detailed walking tour guide of these historic neighborhoods stop by or contact:

### **Richland Chamber and Development Alliance**

(608) 647-6205

397 West Seminary Street, Richland Center, WI

# Walking For a Cause

Walking is a great exercise for the entire family and with these great activities you can help other people while doing it.

## **Walk With G.R.A.C.E.**

Each year, G.R.A.C.E. brings together the community to take part in the fight against cancer. It's a time and place where people come to celebrate those who have survived cancer, remember those we've lost, and fight back against a disease that touches too many lives. "When the bad news is cancer, the good news is G.R.A.C.E."

**[www.walkwithgrace.com](http://www.walkwithgrace.com)**

## **Richland County's Alzheimer's Walk**

The Alzheimer's & Dementia Alliance puts on the walk every year to raise money and awareness for issues that can arise when you or someone you know is affected by early memory loss, Alzheimer's disease or other dementia. Every dollar raised stays in Wisconsin!

**[www.alzwisc.org](http://www.alzwisc.org)**

## **Symons Fun Run & Walk – 5k, 10k & Kids 1 Mile**

Fun Run. Proceeds go to funding kids' programs at Symons Recreation Complex

**[www.symonsrec.com](http://www.symonsrec.com)**



## Explore What Communities Offer

Many communities in Richland County have community buildings with gyms or areas that can be utilized for physical activity, such as walking. Contact them to learn about the different opportunities.

### **Richland Center Community Center/Senior Center**

1050 N. Orange Street, Richland Center.

The new community building has a gym with basketball hoops, is open daily at 7:00 a.m. for walkers and is available for rentals. For more information call (608) 647-8108

**Nordic Trek Walking:** Every Tuesday morning at 8:00 a.m. Claire Hagg leads a group for an hour walk using Trekking poles. Group meets at the Community/Senior Center.

**The Senior Center** has weekly activities and programming including physical activities. Contact Cheryl Heffner, Senior Center Coordinator, for weekly schedule or look in The Richland Observer.

### **Cazenovia Community Center**

Old School Building on Main Street

The Cazenovia Community Center has a gym with basketball hoops and is available for those who are interested in walking, or for open gym times. Contact Jeffrey Even (608) 415-0054 for more information.

### **Viola Community Building**

118 West Commercial Street

Contact the Village Office for information about rentals and activity opportunities.  
(608) 627-1831

## Enjoy What Schools Offer

Many area schools offer opportunities for physical activity by means of their outdoor fields/ tracks as well as indoor walking opportunities.

**Doudna Elementary School** 608-647-8971

Outdoor Basketball Courts, Play Equipment, Open Field

**Eagle School** 608-647-7226

Soccer Field, Play Equipment

**Ithaca Schools** 608-585-2505

Outdoor Basketball Courts, Play Equipment, Sunday Open Gyms

**Jefferson Elementary School** 608-647-6351

Outdoor Basketball Court, Play Equipment

**Lincoln Elementary School** 608-647-2511

Outdoor Basketball Courts, Play Equipment

**Richland Center High School** 608-647-6106

Outdoor Track, Indoor Walking A.M./P.M.

SPARK Programs (A.M./P.M.), Morning Basketball

**Richland Middle School** 608-647-6381

Outdoor Basketball Courts, Football/Soccer/Baseball/Open Field

**St. Mary's School** 608-647-2422

Outdoor Basketball Courts, Play Equipment

**UW Richland** 608-647-6186

Tennis Courts, Basketball Court, Walking Trails

Symons Recreation Complex

**Weston Schools** 608-986-2151

Outdoor Basketball Court, Play Equipment, Football Field

# Ride Your Bike

Remember the feeling of freedom you felt when you first learned how to ride a bike? It can still feel that way! Like walking, biking is a fun, easy, affordable way to get active. Biking is usually more strenuous than walking, so you can burn more calories in less time. The more often you bike, the easier it becomes—and the farther you can go!

Biking can be a fun family activity, too. Children as young as 5 years old can safely ride their two-wheelers on paved paths. Younger children can ride tricycles or sit in bike trailers or safety seats.

If you can ride a bike instead of driving a car to work or to go shopping, you can save money on gas while you get your exercise. And it's good for the environment! If you prefer to ride your bike purely for pleasure, Richland County has miles of scenic country roads and marked bike paths and trails.

## Bike Safely

The biking rules of the road are the same for children and adults:

- Ride on the right side, *with* the traffic.
- Obey all traffic signs
- Signal your turns.

## Ocooch Mountain Fall Bicycle Tour

For those looking for a challenging organized bike ride, be sure to check out the Ocooch Mountain Fall Bicycle Tour, held the first weekend in September. The tour includes steep 400-foot climbs on the longer routes, but also features shorter 8, 12 & 35 mile loops. Call Symons Recreation Complex at (608) 647-8522 for more information.

# Bike Trail Maps

Most of the quiet rural towns and villages in Richland County offer opportunities for family biking on quiet residential streets. For the serious biker, a complete map of all the bike routes in Richland County can be purchased from the Wisconsin Department of Transportation by calling 1-800-362-4537 or you can download the map at:

**[www.dot.wisconsin.gov/travel/bike-foot/bikemaps.htm](http://www.dot.wisconsin.gov/travel/bike-foot/bikemaps.htm)**

The Wisconsin Department of Tourism offers a free Wisconsin Biking Guide with details on 44 Wisconsin bike touring trails, on road routes and mountain bike trail systems. Call 1-800-432-TRIP or visit [http://www.travelwisconsin.com/pdf/2008\\_biking\\_guide.pdf](http://www.travelwisconsin.com/pdf/2008_biking_guide.pdf)

**The Richland County Parks Commission** offers trail maps and information for local biking trail systems. (608) 647-6148. <http://www.rclrs.net/parkcommission/index.html>

**Richland Chamber and Development Alliance** has maps, brochures and guides available, free of cost, highlighting biking routes throughout Richland County and Southwestern Wisconsin. Pick one up at their office located at 397 West Seminary Street, Richland Center. <http://www.richlandchamber.com/recreation.html>



# Find a Trail to Bike, Hike or Walk

Many communities maintain walking, biking or hiking trails for public use. Trails can be used both in the summer or winter and can provide an opportunity to view the natural beauty that surrounds us.

## **Pine River Recreation Trail**

14.3 miles of easy-graded trail on an abandoned rail bed, invites hikers & cyclers in spring, summer and fall. Snowmobilers can enjoy use in the winter months. Trail stretches from Richland Center to Lone Rock and includes farm, river, woods and marsh views on the way.

### **Parking and Access points**

**Richland Center** - trail starts/ends in Krouskop Park on Hwy. 14 West. There is adequate parking, drinking water and restrooms.

**Twin Bluffs** - Parking, Shelter, Picnic Table and Porta-Potty

**Gotham** - Town Park is on Fulton Street, 1 block south of the trail

**Lone Rock** - From Hwy. 130 go west on Richland Street to trail start/end, there is parking

## **Richland Center**

### **Ash Creek Community Forest**

Located 2 miles south of Richland Center on State Hwy. 80

Ash Creek Community Forest is Richland County's largest park, at 354 acres. The Community Forest allows public hunting in season.

There are four miles of primitive hiking, biking, and horseback riding trails, which can also be used in the winter for snow shoeing or cross country skiing. No unauthorized, motorized vehicles are allowed in the forest.

Ash Creek, a Class One brook trout stream, runs through the middle of this recreational property. Fishing regulations are governed by the Department of Natural Resources. The site does not allow camping or fires of any sort.

The forest is open year 'round and parking is available. Handicap accessibility for fishing is also available.

### **Pine River Trails and Fishing Platforms**

A portion of maintained trails start at Krouskop Park and follow along the Pine River, ending at Wedgewood South Park/Trails. Distance is 2.25 miles, 5 miles round trip. 5 fishing platforms as well as benches and lookout areas are along the trails. These trails also provide access to 5 canoe ports into the Pine River.

### **\_\_\_\_\_ Miner Hill Trails**

2 access points; Strickland Park and East Court Street

50 acres of scenic wonder revealed along a walking trail that wanders past five overlooks and an old quarry, through woods and open meadows, to the top of a bluff with a panoramic view of the city and countryside spreading out in the valley below. There are resting spots along the way for picnicking.

### **\_\_\_\_\_ Pine River Hiking & Cross Country Skiing Trail**

This 6 mile round trip trail is courtesy of Boy Scouts of America Eagle Scout Project by Aaron Black of Troop 81 and the City of Richland Center Parks and Grounds Department. This maintained grass trail follows along the Pine River, with access points at Industrial Park Drive and County AA at Bowens Mill in Richland Center. This is a great trail for snowshoeing!

### **\_\_\_\_\_ The Footbridge and Westside Park**

The footbridge across the Petite Roche Prairie connects Westside Park to the Pine River Recreation Trail in Richland Center. Lighting is provided across the wooden bridge and along the stretch of the Pine River Trail that follows the Pine River Dike. You can see the maintained grass trails and fishing areas along the Pine River from the bridge.

### **\_\_\_\_\_ UW-Richland Wellness Trail**

Located on UW-Richland campus/Symons Recreation Complex on Hwy. 14 East

You should park at Symons Recreation Complex and walk back between the building and basketball courts.

The Lower Trail winds around the campus acreage beginning and ending at Symons Recreation Complex, exposing you to flowering crab, dogwood and others. The Upper Trail starts and ends in the same location, but, this trail takes you up into the managed forest and walnut plantations, providing spectacular views of the city below. This trail can be used for walking your dog, hiking, running or cross country skiing.

### **\_\_\_\_\_ Wedgewood North and South Park/Wedgewood Trails**

North: Wedgewood Drive, behind the White House/Ramada Inn

South: South of Doudna School on Bohmann Drive

Each park has a trail head, parking and picnic areas for the Wedgewood Trail, which winds through the prairie.

# Explore!

For detailed maps, trail guides, and more information on parks and other beautiful places to be active in Richland County, contact one of the following offices:

## **Richland Chamber & Development Alliance**

397 W. Seminary Street

P.O. Box 128

Richland Center, WI 53581

(608) 647-6205

**[www.richlandchamber.com](http://www.richlandchamber.com)**

**[www.villageprofile.com](http://www.villageprofile.com)**

**[www.hiddenvalleys.com](http://www.hiddenvalleys.com)**

## **Richland County Parks Commission**

1100 Hwy. 14 West

Richland Center, WI 53581

(608) 647-6148

**<http://www.rclrs.net/parkcommission/>**

## **Wisconsin Department of Natural Resources**

2514 Morse St., Janesville, WI 53545 (608) 743-4800

**[www.dnr.state.wi.us](http://www.dnr.state.wi.us)**

# Grow a Garden!

*Gardening is a great way to get active!* You use lots of muscles when you dig, hoe, weed and cut. An hour of gardening can burn as many calories as an hour of jogging. Simply spending time with plants can reduce stress, lower blood pressure, and relieve muscle tension.

And gardening rewards you for your work with beautiful flowers, fragrant herbs and fresh, delicious vegetables! Vegetable gardening can help you cut your grocery bill while improving your family's health.

Gardening is a wonderful activity for children, too. Gardening teaches kids about life science -- and a whole lot more: Children who garden also learn responsibility when they take care of flowers or vegetables. They gain self-esteem when they see how their own efforts can produce food or flowers for their family.

Gardening doesn't have to be expensive and you don't have to own a big yard to do it. All you need is a square foot of ground, some seeds, a trowel, a spade, and a water bucket. Your local library has dozens of gardening books and videos to give you tips and get you going.



## Rent a Garden Plot

Richland Center Community Garden is located on North Cedar Street at the entrance to the City Dump Site. For information on renting a space, contact the Park office at (608) 647-8108 and ask for Terry Sime.

## Become a Master Gardener

Want to get hands-on gardening training? The University of Wisconsin Extension Master Gardener Training Program offers 60 hours of basic horticulture classes that begin in mid-September. For general information or to get an application for the program, (available mid-August) contact the UW-Extension Office. (608) 647-6148.

## Check out your local area's Farmers' Market for fresh fruits and vegetables

May through mid-October, the Farmers' Market will be open from 3-5 p.m. on Wednesdays in the lot next to Phoenix Computers and 7:30 a.m. – noon on Saturdays at the Richland County Courthouse. [www.richlandareafarmersmarket.org](http://www.richlandareafarmersmarket.org)

## Stop in to the Pine River Market & Café food co-op for locally grown produce

A cooperatively run grocery store that is focused on bringing quality food and good health to everyone in the Richland Center community.

196 West Court Street (608) 647-7299

[www.pinerivercoop.com](http://www.pinerivercoop.com)



# Get in the Swim

Since it's a no-impact sport, swimming is a great physical activity for everyone, even if you are pregnant, overweight, or have joint pain. You can burn energy without sweating, and the water can soothe and relax you.

## Richland Center Outdoor Swimming Pool

1055 N. Orange Street, (608) 647-4409

The pool opens for the summer in June.  
There is a diving pool and lap pool.

### Daily admission:

\$2.00 for children and \$2.50 for adults.

### Season Pool Pass

If you plan to swim often, you can save money by buying family season pool passes for \$60.00 Resident and \$70.00 Non-Resident.

### Hours:

Monday – Friday:     Adult Lap Swim--11:30-12:30 p.m.,  
                                  Open Swim--12:30-7:00 p.m.

Saturday & Sunday: Open Swim--Noon-7:00 p.m.



# Indoor Swimming Pools

If you'd like to make swimming part of your year-round fitness plan, you can join the Symons Recreation Complex or utilize area schools that have open swim times. If lap swimming doesn't interest you, you can sign up for a water aerobics class or just enjoy some open family swim time.

## Symons Recreation Complex

1250 Highway 14 West, (608) 647-8522

Adult Lap Swim Times

Open/Family Swim Times

Kiddie Slide, Basketball Hoop, Whirlpool & Sauna are Available.

Adult Water Aerobics Classes

Youth Swimming Lessons

Join the Symons Sharks Swim Team!

**[www.symonsrec.com](http://www.symonsrec.com)**

## Kickapoo High School

S6520 State Hwy. 131, Viola, WI 54665, (608) 627-0100

Adult Lap Swim, Adult Water Fitness Classes and Open/Family Swim

Non-Resident Pool Tickets Year Passes:

Family \$90, Couple \$75, Adult \$55, Child/Student \$40, Daily Pass \$2

Tickets Available at High School/Middle School Office

For information on Adult Water Aerobics Classes Contact

Jane Schmidt at **[fitnesschoice@yahoo.com](mailto:fitnesschoice@yahoo.com)**

**<http://www.kickapoo.k12.wi.us>**

# Fitness Centers

Fitness centers offer busy individuals the flexibility to fit quick, effective, fun workouts into their lives. Call for fees and times.

## Curves

206 South Orange Street, Richland Center, WI 53581  
(608) 647-7088

Curves provides you with a complete cardio and strength training workout in just 30 minutes. With a system that can burn up to 500 calories and work every major muscle group you get an efficient and effective workout every visit.

For more information: [www.curves.com](http://www.curves.com)

## Fitness14

110 Richland Center Square, Richland Center, WI 53581  
(608) 649-3935, [pt@fit14.com](mailto:pt@fit14.com)

State-of-the-art facility, offering 24-hour access, security and tanning. Cardio theatre, circuit and free weight equipment, group fitness classes, personal training, supplement store, convenient parking and health plan discounts.  
Call or stop in for more information.



## **Stairway to Wellness**

196 West Court Street, Richland Center, WI 53581  
(608) 585-2015

Walk the stairway to wellness, one step at a time. Enjoy classes in Gentle Kripalu Yoga, Hatha Yoga, Zazen Meditation, Nia Dance Movement, Zumba and Spinning. Lots of wonderful workshops to recharge your batteries are also offered.

For more information: [www.stairway2wellness.com](http://www.stairway2wellness.com)

## **Symons Recreation Complex**

1250 US Hwy. 14, Richland Center, WI 53581  
(608) 647-8522

The area's largest health and recreation facility, Symons offers something for all ages: swimming pool & lessons, swim team, sauna and whirlpool, racquetball, exercise room, group fitness for young and old, land and water, WOW! Women on Weights, Zumba Gold, Silver Sneakers, CPR training, rentals, daycare and personal fitness trainers.

For more information: [www.symonsrec.com](http://www.symonsrec.com)



# Keep the Kids Busy!

Children need active play after school and during the summer. Give your school-age child an active alternative to watching TV. Enroll him or her in an after school program, a summer camp, a youth club, a physical activity class or a sports team.

## Richland County 4-H Youth Development Program

Young people in 4-H programs learn leadership and life skills. 4-H Clubs are for all boys and girls in grades 1-13 (one year out of high school).

4-H clubs have regular meetings and officers. They go on trips, have parties, host international students, participate in local government, experiment with science, make art, go to camp, or take care of an animal. 4-H members can have projects that involve a lot of physical activity, such as gardening, bicycling, backpacking, canoeing, archery, skiing, and snowshoeing.

To join 4-H, visit a few club meetings with your child. Introduce yourself to the club leader as a prospective 4-H family. Club leaders will have enrollment information.

On the following pages are the meeting times and places of some 4-H Clubs in Richland County. Call the UW-Extension office at 608-647-6148 for more information and to verify club meeting times and locations.

**<http://richland.uwex.edu/4-h-youth-development/>**

**Boaz Boosters 4-H**, 1st Wednesday of the month at 7 p.m.  
Boaz Community Center

**Brush Creek Knowledge Seekers 4-H**, 2nd Monday of the month, 6:30 p.m., Richland Center High School

**Buena Vista Wonders Workers 4-H**, 1st Sunday of the month, 3:00 p.m., Summer meetings start at 7:00 p.m., Gotham Town Hall

**Eagle Badgers 4-H**, 1st Monday of the month, 7 p.m., Kratochwill Memorial Building, 206 N. Wisconsin Ave., Muscoda

**Fancy Creek Sunbeams 4-H**, 1st Monday of the month, 8 p.m., Marshall Town Hall, Gillingham

**Ithaca Happy Hour 4-H**, 4th Sunday of the month, time varies, Willow Valley Church Basement, 24811 STH 58, Ithaca

**Richwood Ramblers 4-H**, 2nd Monday of the month, 6:30 p.m., Blue River U.M. Church, 307 W. LaFollette St., Blue River

**Sabin Livewires 4-H**, 3rd Sunday of the month, 3 p.m.  
Washington School

**Syresville Starlets 4-H**, 2nd Sunday of the month, 1 p.m.  
Rockbridge School, Rockbridge

**Viola Busy Beavers 4-H**, 2nd Wednesday of the month, 7:30 p.m., Viola U.M. Church, 225 N. Washington St.

**Cazenovia Willing Workers 4-H**, 1st Sunday of the month, 1 p.m., St. Anthony's School, 32497 HWY V, Cazenovia

# Parks & Recreation Programs

## Richland Center Parks, Recreation & Grounds Department

1050 N. Orange Street  
(608) 647-8108

[www.ci.richland-center.wi.us](http://www.ci.richland-center.wi.us)

A variety of fitness options are offered year `round for youth and adults. Winter and summer program guides are available online or at the Community Center. Look for school flyers with details and signup dates for summer sports camps.

## Youth Sports Associations

### Richland Center Youth Basketball

Saturday program for girls & boys grades 1st-3rd.

Traveling teams for girls & boys grades 4th-8th.

Contact Jodi Mieden, [jmieden@gmail.com](mailto:jmieden@gmail.com), (608) 828-2776

### Richland Center Youth Baseball & Softball

For boys & girls ages 8-14 interested in a traveling league.

Contact Dave Darling (608) 647-5358

### RARYS-Richland Area Rotary Youth Soccer

For boys & girls entering grades 1st-8th.

Contact Kim Luckey (608) 647-2637 [www.richlandsoccer.com](http://www.richlandsoccer.com)

### Richland County Youth Football

For boys & girls entering grades 4th-6th. Look for sign-ups in May.

Contact Greg Schoepp (608) 963-3837

### Cazenovia Little League Baseball

Contact Chuck Keller (608) 983-2427

# A.C.E Camp - Agility - Core - Excellence

Each summer, Richland Sports Medicine hosts the A.C.E program to help student athletes develop core strength and agility to:

- Increase Strength
- Improve Flexibility
- Improve Foot Speed
- Improve Balance
- Improve Posture and Coordination
- Decrease Injury Risk as your body learns to distribute forces to appropriate parts of your body

Brochures are available in the spring of each year. Contact a Richland Sports Medicine Athletic Trainer, coach or call the Richland Hospital therapy department 647-6321.



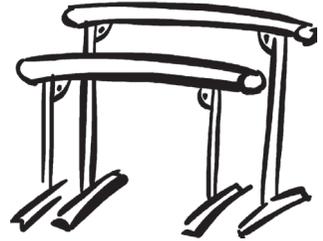
# Dance & Gymnastics Classes

**Dance Elite** - 1850 Bohmann Drive, Richland Center, WI 53581  
(608) 604-0578 [www.danceeliterc.com](http://www.danceeliterc.com)

**RC Dance & Gymnastics Academy, LLC** - North Industrial Park Road, Richland Center, WI 53581 (608) 647-2584  
[www.rcdanceandgym.com](http://www.rcdanceandgym.com)

**Betty Hayes School of Dance** - (608) 532-6211  
Avoca & Dodgeville studios

**TNT Gymnastics** - 970 1/2 Kinder Street, Richland Center, WI 53581  
[www.tntgymnasticswi.com](http://www.tntgymnasticswi.com)



# Take a Karate Class

## Midwest Professional Karate Association

For boys & girls ages 6 to Adult, Tuesdays & Thursdays at the Community Center starting at 6:00 p.m. For more information contact Tadd Radel (608) 588-2577.

## Red Dragon Martial Arts Studio

Downtown Richland Center on Court Street.

For more information and schedule of classes visit

<http://www.reddragon-saukprairie.com/index.html>

or call (608) 643-3048



## Villari's Self Defense –

Industrial Drive, Richland Center, WI

(608) 393-7114 or contact

[macobee@rucls.net](mailto:macobee@rucls.net)

# Adult Sports Leagues

## Cazenovia

### **The Reds - Home Talent Baseball**

Contact: Cole Duren (608) 415-1782

## Richland Center

### **Adult Basketball League**

Thursday Evenings, June-August, RCHS

Contact Jamie Johnson (608) 647-3062

### **Adult Kickball League**

Mondays, June-August, Krouskop Ball Fields

### **Church League Softball**

Tuesday Evenings, June-August, Krouskop/North Park Ball Fields

Contact: Bill Twining (608) 647-4468

### **Church League Volleyball**

Tuesdays, October-February

Contact Jeff Hilleshiem

### **Futsal League**

Thursdays, November-March, Richland Middle School, Youth & Adult

Contact: Joe Stadler (608) 475-0626

### **Home Talent Baseball**

Traveling league, Contact Shaun Ruhland, (608) 475-0156

### **Horseshoe Throwing**

Mondays, 5:15 p.m., June-Oct., Krouskop Park

Contact Glen Niemeyer, (608) 604-9626

### **Men's Open League Softball**

Wednesday Evenings, June-August, Krouskop Ball Fields

Contact: Pat Elliott (608) 647-6650

# Active Winter Fun

Being active in winter can help you beat the cold-weather blues. When the temperature dips and the snow falls, think of it as a chance to build snowmen, have snowball fights, and go sledding, skating, skiing or snowshoeing.

## Sledding

Sledding is fun at any age! There are no rules or fees to pay. All you need is a sled, which can be bought cheaply at a toy store or a garage sale. Richland County is abundant with natural hills that make for great sledding, right in your own backyard!



## Snowshoeing

Like cross-country skiing, snow-shoeing takes you into the woods and parks to enjoy the beauty of a snowy day. It burns enough calories to keep you feeling toasty in freezing weather. Best of all, it requires no skill or experience! Snowshoeing is easiest on packed snow, such as the kind found on the cross-country ski trails listed on page 52.

The Richland Center Community Center has snow shoes to rent, call (608) 647-8108 for more information.



# Outdoor Ice Skating & Ice Hockey

Ice skating improves your balance and your muscle endurance, but mainly it's just a lot of fun to go gliding on ice. If you give your child the gift of skating lessons, he will have a skill he can enjoy for a lifetime. When it gets cold enough, ice rinks are created in parks for ice skating. If you have your own ice skates, the skating is free!

## Richland Center

### Meyer building in Krouskop Park

Hours Monday-Friday 4-9 p.m., Saturday-Sunday 1-9 p.m.

Ice conditions & rink hours may vary due to weather conditions.

Rental skates available for children and Adult, \$2

Hockey sticks and pucks also available

Hot chocolate and concessions in the Meyer building warming house



# Cross-Country Skiing

Cross-country skiing works both your arms and legs and generates lots of body heat! It's also a pleasant and peaceful way to enjoy a snowy day on a nature trail. Cross-country skiing is easier to master and less dangerous than downhill skiing. It's less expensive, because no fees are required to use Richland County ski trails. For beginners you can start out in your backyard, or any open public land near you.

## Richland Center

### **Pine River Hiking and Cross Country Skiing Trail**

Trail Head: Industrial Park Drive, Richland Center

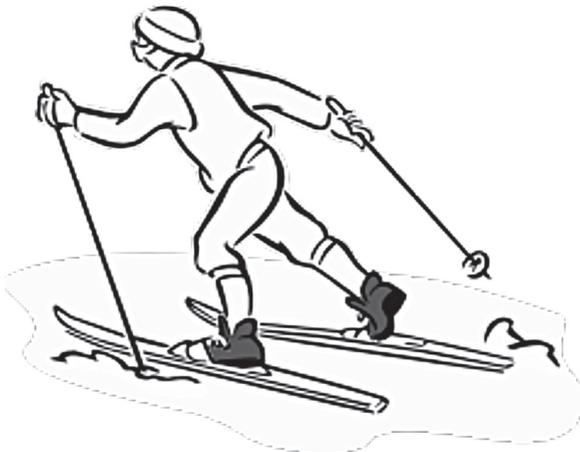
Trail follows the Pine River and ends at Bowens Mill

### **UW Richland Wellness Trail**

Access point behind Symons Recreation Center,  
more info. on page 36

### **Ash Creek Community Forest**

Hwy. 80, 2 miles south of Richland Center



# Snowmobile Trails

After the snow falls, Richland County snowmobile enthusiasts groom and ride 109 miles of well-marked trails over hills and valleys and forest paths. For maps and more information, contact Richland Area Chamber and Development Alliance: (608) 647-6205, <http://www.richlandchamber.com/index.php>

The Pine River Recreation Trail allows enthusiasts to ride 14.8 miles on the old railroad bed from Richland Center to Lone Rock and everywhere in between.

## Screamin' Half Mile

Annual snowmobile race held in January at the Richland County Fairgrounds  
Hot Laps and Racing

For more information visit  
[www.hybridredneck.com](http://www.hybridredneck.com)



# Active Family Outings

When your family has something to celebrate, do something active! Here are some ideas:

## Visit a Farm

Local farms offer kids the opportunity to pick produce, take wagon rides, pet farm animals, and run all over!

### Apple Farms (Open in the Fall)

#### Oakwood Fruit Farm

31128 Apple Ridge Road, Richland Center, WI 53581  
(608) 585-2701  
Open August to Christmas

## Greenhouses

#### Sylvan Greenhouse

19450 Cty. RD EE, Richland Center, WI 53581

#### Oak Shade Greenhouse

20683 Cty. Hwy Z, Richland Center, WI 53581  
(608) 647-5226



## Wineries

#### Weggy Winery

Interesting and educational outdoor vineyard tours available daily  
June through October

30940 Oak Ridge Drive, Muscoda, WI  
(608) 647-6600

[www.weggywinery.com](http://www.weggywinery.com)

## **Go Bowling**

Bowling is a sport the whole family can play together.  
Many local bowling lanes offer reduced prices for children.

### **The Phoenix Center**

100 South Orange Street, Richland Center, WI, 53581  
**(608) 649-7469(PINZ)**

## **Go Roller Skating**

Skating is a cool way for kids to burn energy.  
Why not strap on some skates yourself?

### **Galaxie Skate Center**

1215 East Haseltine, Richland Center, WI 53581  
**(608) 647-4515**

### **Jr. Roller Derby**

#### **Electric Shokz**

Girls 11 years to 17 years  
Contact Coach Phil, [djphil@charter.net](mailto:djphil@charter.net), (608) 604-5491

### **Women's Derby**

#### **Missfit Dolls**

Ladies 18 and up  
Contact Team Captain Jodi Mieden, [jmieden@gmail.com](mailto:jmieden@gmail.com),  
(602) 828-2776

### **Viola Skate Park**

Located behind the Village Office building



# Lifetime Activities

## Tennis

Tennis is a social game that can be played at any age. Courts are located in many communities:

### **Cazenovia**

Memorial Park

### **Richland Center**

Krouskop Park

UW-Richland Campus

### **Viola**

Kickapoo High School

Park behind Village Offices



## Golf

Golf is a leisure time sport that many enjoy and is a great source of physical activity if you walk and carry your clubs.

### **Quail Run Golf Links, 9 hole course**

25275 Cty. Hwy Y

Richland Center, WI 53581

(608) 647-3117

### **Eagle Cave Resort, Mini Golf Course**

16320 Cavern Ln.

Blue River, WI

(608) 537-2988

**<http://www.eaglecave.net>**

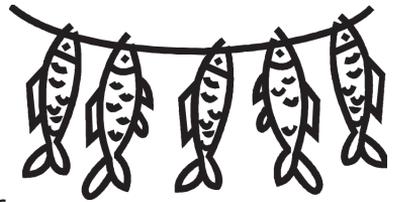
## Frisbee Golf

This challenging game involves throwing Frisbees into standing baskets, following similar rules as golf.

### **Krouskop Park, Richland Center**

18 hole course, starts in Krouskop Park and follows Pine River

# Go Fishing



Richland County is home to 267 miles of Class I and Class II trout streams, with nearly 100 sites within the county as classified trout waters.

## **Ash Creek Community Forest**

Take Hwy. 80 south out of Richland Center for three miles. Ash Creek, a designated Class I brook trout stream, runs through the woods.

## **Boaz**

Mill Creek

## **Blue River**

Eagle Cave

## **Cazenovia**

54 acre Lee Lake, with handicapped accessible dock

## **Lone Rock**

Lower Wisconsin River Area, 1 mile west of Lone Rock on Hwy. 14  
Bear Creek Fishery Area, 8 miles north of Lone Rock on Hwy. 80

## **Loyd/Ithaca**

Willow Creek Fishery Area, 3 miles north of Ithaca on Hwy. 58

## **Muscoda**

Orion Boat Landing on Hwy. 60 east of the Muscoda Bridge - WI River

## **Port Andrew**

Boat Landing east of the Blue River Bridge - Wisconsin River

## **Rockbridge**

Pier County Park - Pine River

## **Richland Center**

North Lake Park & the Pine River

## **Viola**

Banker Park - Kickapoo River

# Go Canoeing or Kayaking

The wide Wisconsin River and the swifter waters of the Kickapoo and Pine Rivers welcome canoers and kayakers to Richland County with various access points throughout the area.

## **Pine River Canoe Ports**

5 canoe ports, provided by Richland Center Parks and Grounds Department in partnership with Boy Scouts of America Troop 81 Eagle Scout Project by Jeffrey Maglish-Burns, provide access to the Pine River at different locations throughout Richland Center. Canoe ports provide a small docking area, which makes it easier to enter into the river.

### **Richland Center**

Canoe Port 1: Bowens Mill (miles to next port 2.7)

Canoe Port 2: Industrial Park Road (miles to next port 1.7)

Canoe Port 3: Krouskop Park (miles to next port 1)

Canoe Port 4: Old Community Center (miles to next port 2.6)

Canoe Port 5: Bohmann Drive (miles to Gotham 18.1)

Canoe Port in Gotham

Estimated time - 1 mile= 30 minutes

### **Rockbridge**

Pier County Park

### **Kickapoo River**

Viola-Banker Park

### **Wisconsin River**

Muscoda-Orion Boat Landing

Blue River-Port Andrew

Buena Vista Boat Landing

Lone Rock-McKenna Park/Long Lake

# Canoe and Kayak Rentals

## **Blue River**

Blue River Outfitters  
30530 Eagle Cave Road, (608) 537-2191

## **Gotham**

DJ's Kwik Stop  
US Highway 14 & State Road 60, (608) 583-7922

## **La Farge/Viola**

Kickapoo Yacht Club Canoe Rental  
312 N. State Street, La Farge (608) 625-4395

Mick's Canoe Rental  
Hwys. 131 & 82, Rt. 1, La Farge (608) 625-4449

## **Lone Rock**

Waz Inn  
234 Oak Street, (608) 583-2086

Carl's Paddlin'  
33783 US Hwy. 14, (608) 583-2405

## **Muscoda**

River View Hills Canoe Rental  
24678 State Road 60, (608) 739-3472



# Archery

## Archery Shoots

Richland Center Archery Club hosts four Broadhead/3-D shoots each year. You can also join a Broadhead & 3-D league. Kids and adults alike participate in the leagues and shoots. Club nights run April through September on Wednesdays at 6:00 p.m.

## Richland Center Archery Club

561 Moores Path Lane, Richland Center, WI 53581

(608) 647-3423

[www.richlandcenterarchery.com](http://www.richlandcenterarchery.com)



# State Natural Areas

State Natural Areas protect examples of native natural communities, significant geological formations, and archaeological sites.

They harbor natural features unaltered by human-caused or that have recovered from disturbance over time. Natural areas are not appropriate for recreation such as camping or mountain biking, but they can accommodate low-impact activities such as hiking, bird watching and nature study. SNAs contain few or no amenities such as parking areas, restrooms or maintained trails.

For more information contact Richland County Parks Commission, 608-647-6148 or visit

<http://www.rclrs.net/parkcommission/publicproperty/publicproperty.html>

**Bear Creek Sedge Meadow**

**Gotham Jack Pine Barrens**

**Hub City Bog**

**Kickapoo Valley Reserve**

**Orion Mussel Bed**

**Richwood Bottoms**

**Smith Slough & Sand Prairie**

Richland FIT gratefully acknowledges the assistance of Mary Krisco, MS, RD with the Rock County UW-Extension for use of this template.

This booklet was funded by the Transform Wisconsin Fund; a federal Centers for Disease Control & Prevention (CDC) Community Transformation Grant.



**The greatest wealth is health.**

**- Virgil**

