

Increasing FITness

In Richland County





Welcome to the Richland FIT

"Increasing FITness" 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

"Increasing FITness" 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 for next year's edition to:

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

Updated January 2017

What is the Richland FIT "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! The high rates of overweight and obesity are a priority health issues for public health and medical professionals here in Richland County. Obesity is a complex issue and does not have one simple solution but what experts have learned is that the environments we live in play a crucial role in influencing our health. The Richland FIT coalition received a UW Partnership Program grant to focus on "Increasing Fitness in Richland County" by increasing access to places for physical activity, making environmental changes so all have a safe place to be active and launching a community wide social support campaign that educates and encourage everyone to move more each day!

Current coalition partners include:

Richland School District
Richland Center Parks, Recreation and Grounds Department
Richland Medical Center, The Richland Hospital
Health and Human Services-Public Health
WRCO Radio
Neighborhood Housing Service, Scott Consulting Partners
UW Extension-Richland County
Symons Recreation Complex
St. Mary's School, Richland Area Farmers' Market
4-H, Richland Observer, Eagle School

If you have questions about the coalition or would like to be involved in future coalition activities, please contact:

Richland County Health and Human Services
Health Educator, Coordinator of Richland FIT
(608) 649-5968

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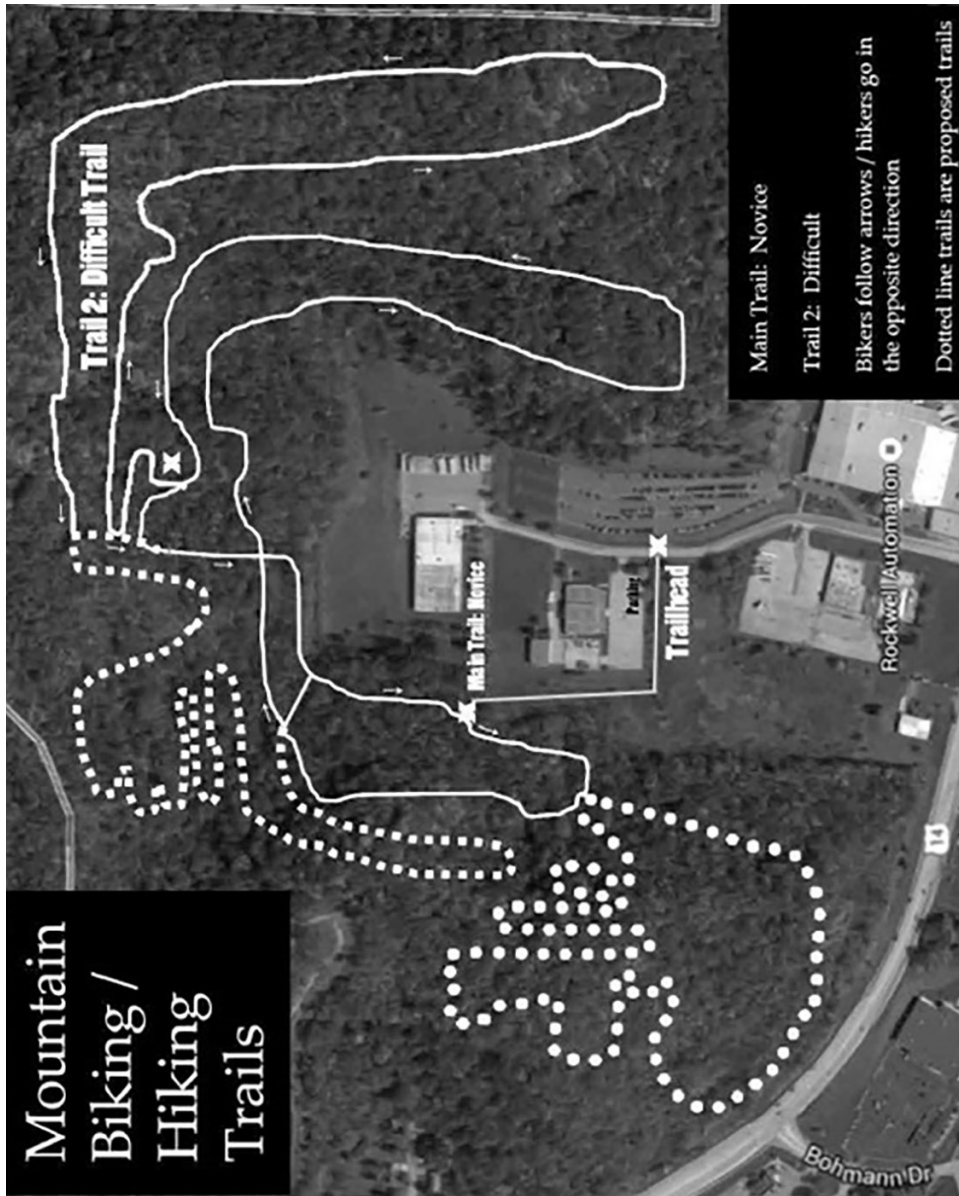
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Trail Maps

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!

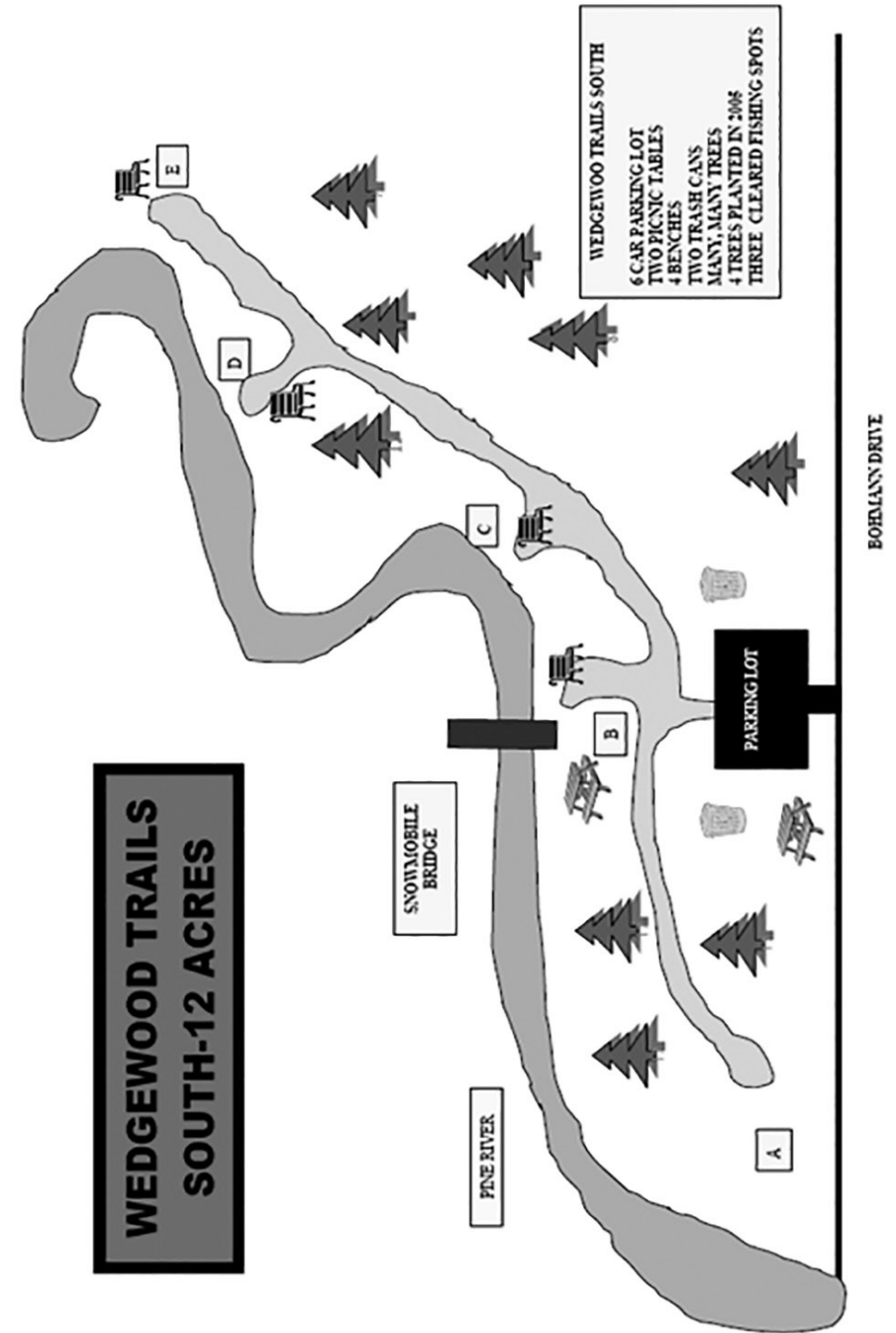
Being physically active increases your general energy level and stamina. You feel less tired! Daily physical activity helps you to sleep better, too, which can improve your mental alertness.

Feel Happy!

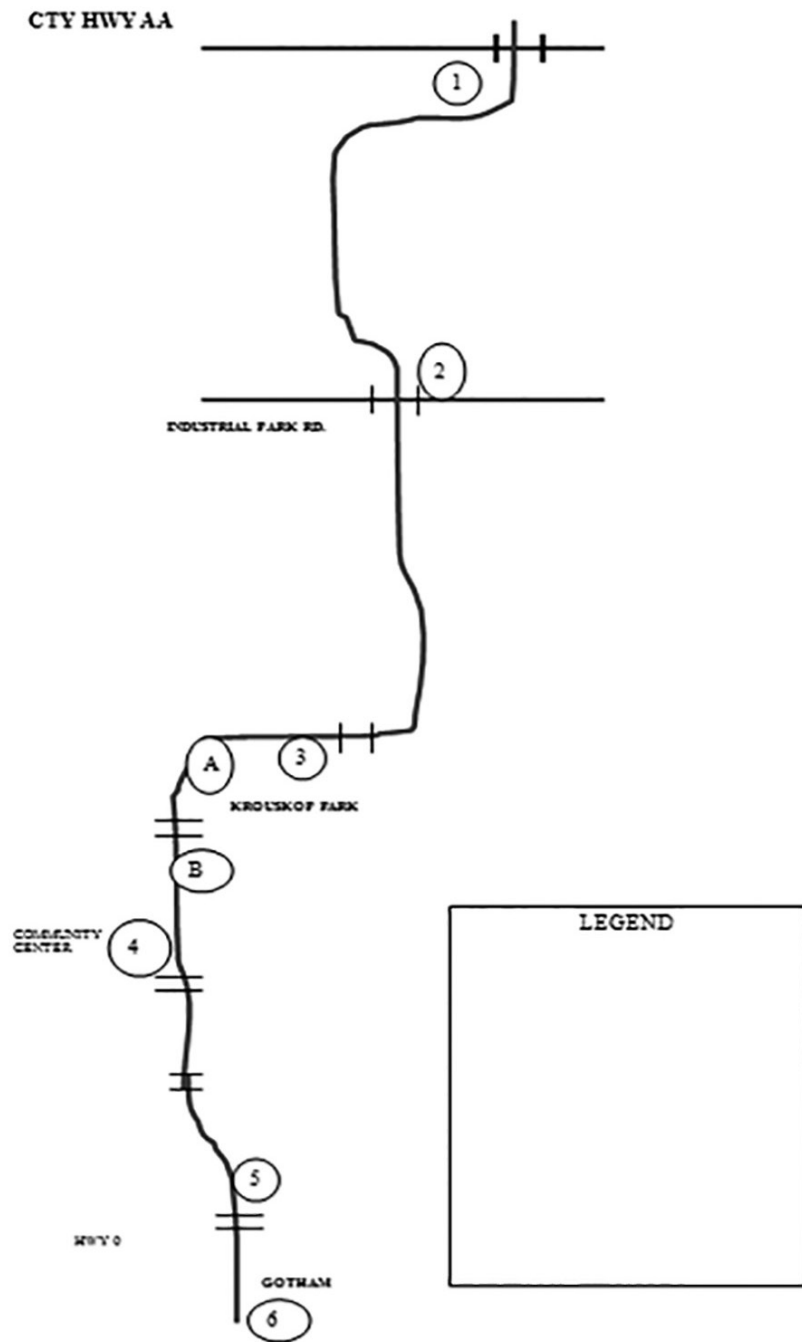
Physical activity can fight depression and increase self-esteem. Physically active people cope better with stress and have more fun.

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.



PINE RIVER TRAILS



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!"

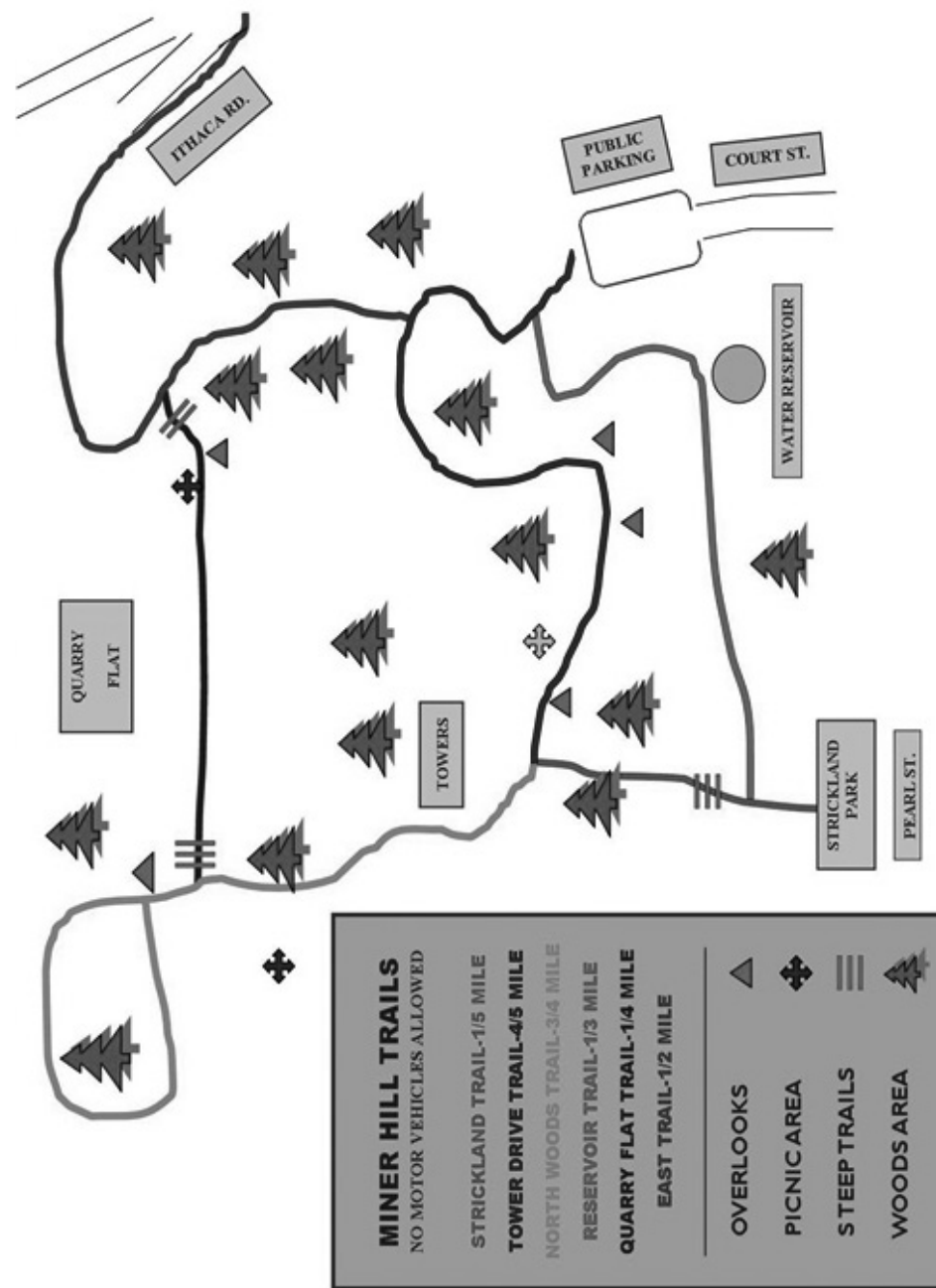
**It can be easier
if you take small steps.**

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 9-10.
- 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 5-6.
- 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.
- 7. Children need at least 60 minutes** of active play every day. Physical Activity should be fun, not exhausting. Help your children find activities they enjoy.
- 8. Put it in writing.** Put your Personal or Family Activity Goals in writing. Post it on your fridge or anywhere else you can see it daily.
- 9. See your doctor.** Make an appointment for a physical check-up. Get your physician to support your physical activity plan.
- 10. Get Support.** 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.
- 11. Eat right.** It's hard to be active when your body doesn't have the right fuel. See pages 11-18 for ways to get sound information on eating right.
- 12. Track your progress.** Keeping a log or diary of your activities can be motivating! See page 9 for websites where you can track your progress online.
- 13. Reward yourself!** Remind yourself every week of the benefits of physical activity. Plan to give yourself or your family members rewards for meeting specific activity goals.



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 50-55 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.

State Natural Areas

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

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.

Hub City Bog

Richwood Bottoms

Smith Slough & Sand Prairie

Gotham Jack Pine Barrens

Orion Mussel Bed

Bear Creek Sedge Meadow



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. Walk the course, Wednesdays at 6:00 pm.

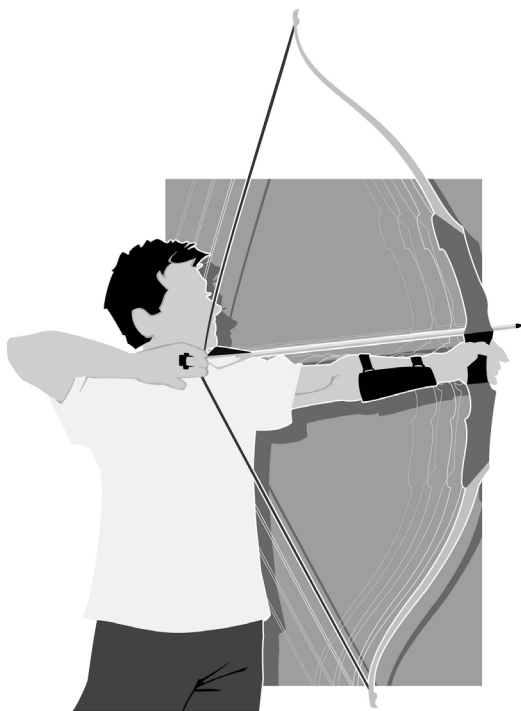
Richland Center Archery Club

561 Moores Path Lane, Richland Center, WI, 53581
(608) 647-3423

www.richlandcenterarchery.com

Archery Supplies

The Huntin' Shack
208 South Church Street, Richland Center, WI, 53581
(608) 647-0056



- 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 physical activity role models

Play!

- If you have a backyard, play family games of tag, hide-and-go-seek, badminton, catch, tetherball, kickball, or volleyball. 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, trampolines, bikes, dance CDs, scooters, skates, foot bags, 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, play laser tag, snowshoeing, skiing, sledding, skating, visit a trampoline parks, or horseback riding. (See pages 47-50 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 10 minutes of sunshine everyday for your daily dose of vitamin D. While you're outside, take deep, refreshing breaths. Deep breathing can also relief 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.

GO CANOEING OR KAYAKING

Rentals

Blue River

Blue River Outfitters
30530 Eagle Cave Road, Blue River, WI 53518
(608) 537-2191

Gotham

DJ's Kwik Stop
US Highway 14 & State Road 60, Gotham, WI 53540
(608) 583-7922

Lone Rock

Waz Inn
234 Oak Street, Lone Rock, WI 53556
(608) 583-2086

La Farge/Viola

Kickapoo Yacht Club Canoe Rental
312 N. State Street, La Farge, WI, 54639
(608) 625-4395

Mick's Canoe Rental

Hwys 131 & 82, Rt. 1, La Farge, WI, 54639
(608) 625-4449

Muscoda

River View Hills Canoe Rental
24678 State Road 60, Muscoda, WI, 53573
(608) 739-3472

Richland Center

Pine River Paddle and Tube – Mark McCauley
Contact Dean Jewell to become one of the "Friends of the Pine"
(608) 475-1739

GO FISHING

www.rclrs.net/parkcommission/troutstreams/troutstreams.html

Richland Center - North Lake Park & the Pine River

Boaz - Mill Creek

Rockbridge - Pier County Park

Loyd/Ithaca

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

Cazenovia - 54 acre Lee Lake with handicapped accessible dock

Viola - Kickapoo River

Ash Creek Community Forest

Take Hwy 80 south for three miles. Ash Creek runs through the middle of the woods providing good trout fishing.

Port Andrew - Boat Landing east of the Blue River Bridge

Blue River - Eagle Cave

Muscoda - Orion Boat Landing east of the Muscoda Bridge

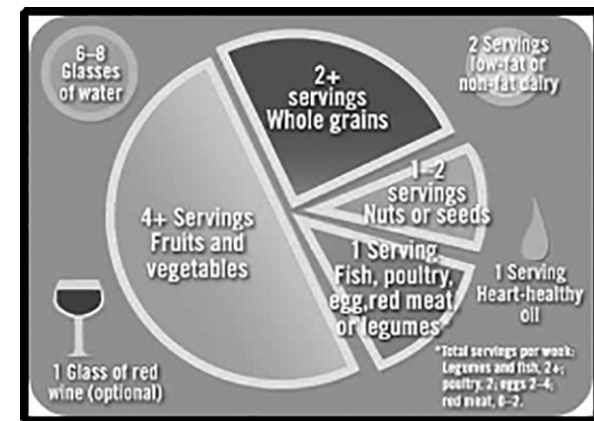
Gotham

Pine River public hunting grounds located 1 mile north of Gotham on Hwy 141

Lone Rock

Lower Wisconsin River Area located 1 mile west of Lone Rock on Hwy 14, Bear Creek Fishery Area located 8 Miles North of Lone Rock on Hwy 80

Long Lake



Eat right. Try to follow the Mediterranean Diet.

A body can't be active without the right fuel. To feel their best, most people need to eat the following foods every day:



For more information on good nutrition, visit 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.

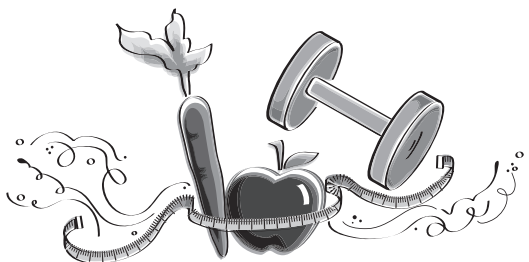
Get Nutrition Counseling

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 some locations you can contact for Nutrition Counseling:

Richland Medical Center: Get FIT Program;
(608) 647-6161

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

The Richland Hospital: Registered Dietitians
(608) 647-6321



GO BOWLING

Bowling is a sport the whole family can play together. Many local bowling lanes offer reduced prices for children. Just make wise choices at the snack bar!

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

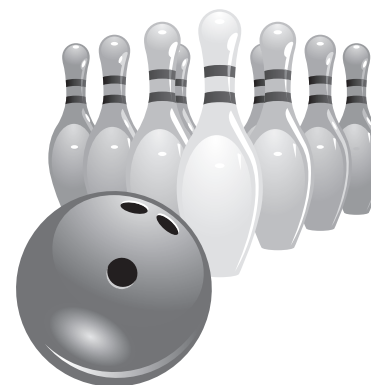
1215 East Haseltine, Richland Center, WI 53581
(608) 647-4515

Women's Derby

Missfit Dolls

Ladies 18 and up
Contact Team Captain Mallory Bender,
missfitdollsrollerderby@gmail.com, (602) 828-2776

Check out the skate park located in the Village of Viola



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

Richland Hills/Sunset Orchards

23770 Hustler Ridge Drive, Richland Center, WI 53581
(608) 647-4038

www.richlandhills.com

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

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

www.weggywinery.com

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. There are no dues, but free will donations are welcome. To find out more, **contact an OA member at 1-800-589-6262** Or visit **www.oa.org** or **www.oamadison.org**

OA Meetings near Richland County are held Tuesdays at 7:00 pm.

St. Joseph's Education Conference Room, 400 Water Street, Hillsboro, WI, 54634. Contact Cassidy: Madison@region5oa.org or go to 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** 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.

C.H.I.P (Complete Health Improvement Program) 10 weeks of class offered periodically throughout the year. Affordable, lifestyle enrichment program. Facilitators are Mark and Dr. Jilliam Scherer. Call 608-604-1757. Email richlandchip@gmail.com. Make lasting changes to improve your health!

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.

(608) 935-2326 or 1-800-704-8555. 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

WNEP 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 the Nutrition Coordinator

(608) 647-6148 or www.richland.uwex

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!

Snow shoes cost \$100-\$250, but many ski shops will rent them to you for \$15-\$20 so that you can try them out for a day. The Community Center rents out 4 pair of ladies sizing and 4 pair of mens sizing for \$5 per day or \$20 per weekend.

Snowshoeing is easiest on packed snow, such as the kind found on the cross-country ski trails listed on page 30 & 50.

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 the Richland Area Chamber of Commerce (608) 647-6205

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



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.

A pair of cross-country skis and boots may cost you \$150 at a ski shop. Or you might buy some second-hand at the **Annual University of Wisconsin Hooper Ski and Snowboard Resale**, Memorial Union, 800 Langdon St, Madison, WI.

For lessons and tips from experienced cross-country skiers, contact the **Madison Nordic Ski Club, Inc.**, P.O. Box 55281, Madison, WI 53705 www.madnorski.org

Annual family membership in the Madison Nordic Ski Club is \$35.

Cross-Country Ski Trails

Pine River Trails

Trail Head: Industrial Park Drive, Richland Center

Trail follows the Pine River and ends at Bowens Mill

UW Wellness Trail

Access Point behind Symons Recreation Center

(See page 30 for trail information)

Ash Creek Community Forest

Hwy 80, 2 miles south of Richland Center

(See page 29 for trail information)

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

Shape Up America!
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

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

BAM! Body and Mind™ - Center for Disease Control and Prevention
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

Useful Apps and Gadgets

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

Smartphone Apps

Fooducate - App that makes reading food labels as easy as getting grades in school. Scan the barcode on the product and it will give you a letter grade and ten better choices for the food you are about to buy.

Myfitnesspal/Loseit - Is an exercise and nutrition tracker. Type in what you eat and your exercise and it will calculate the amount of calories you need to burn or consume to lose, gain, or maintain weight.

Weight Watchers - Follows the weight watchers program and allows you to keep track of your points through the app.

Endomondo - Tracks your exercise routes and calculates calories burned from the route you completed.

Restaurant Nutrition - Provides you with a guide to healthy choices at the main chain restaurants.

Gadgets

Fitbit - A bracelet that helps you track your steps, calories, movements, sleep, eating, heartrate, and more depending on the model you buy.

Hapifork - Helps you reduce your eating pace. The sensors notify you through tiny vibrations when you're 'speeding'. It can also track your eating duration, the amount and intervals of 'fork servings' per minute.

Fitbit Aria (scale) - High tech scale for weight watching. It can track the body fat percentage and Body Mass Index of up to 8 users, then transfer the data wirelessly to your computer for your progress management

Trace - is built for extreme sports and is meant to be mounted on the board from where it would log in the tricks you've landed, your speed, maximum height and sync all the data with a smart phone app.

Amiigo Fitness Bracelet - 2-in-1 device, one worn on your wrist and the other on your shoe to capture both upper and lower body movements.

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. Stori Field is a great spot for sledding with your friends!

Outdoor Ice Skating and 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 these parks for ice skating. If you have your own ice skates, the skating is free!

Meyer building in Krouskop Park

Hours M-F 4-9 pm, Sa-Su 1-9 pm

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 warming house/Meyer bldg



Play it Safe

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

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 (608) 475-0106

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) 604-9626

Horseshoe Throwing

Mondays, 5:15 pm, June– Oct. Krouskop Park

Contact: Glen Niemeyer, (608) 647-6650

Men's Open League Softball

Wednesday Evenings, June-August, Krouskop Ball Fields

Contact: Pat Elliott (608) 647-6650

Missfit Dolls Women's Roller Derby League

Sunday, Tuesday and/or Thursday 6pm-8pm

Contact: Mallory Bender (608) 604-6881

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 15 or greater.
- Wear shoes with thick flexible soles that will cushion your feet and absorb shock.
- 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. On pages 21-28, you'll find some fine places to take a walk in Richland County.

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.

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

RC Dance & Gymnastics Academy, LLC

North Industrial Park Road, Richland Center, WI 53581
(608) 647-2584
www.rcdanceandgym.com

Betty Hayes School of Dance

(608) 532-6211
Avoca & Dodgeville studios

TNT Gymnastics

970 ½ Kinder Street, Richland Center, WI, 53581
www.tntgymnasticswi.com

Walk Around Town

Take a Karate Class

Midwest Professional Karate Association

For boys & girls ages 6 to Adult, Tuesdays & Thursdays at the Richland Square, Center Café Banquet Hall starting at 6:00 pm. 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

Youth Sports Associations

Richland Center Youth Basketball (RCYBB)

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

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

Contact Jodi Mieden, jmieden@gmail.com (608) 828-2776

Richland Center Youth Baseball & Softball (RCYBS)

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

Contact Jodi Mieden, jmieden@gmail.com (608) 828-2776

Richland Area Rotary Youth Soccer (RARYS)

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

Contact Kim Luckey (608) 647-2637 www.richlandsoccer.com

Richland County Youth Football (RCYF)

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

Contact Greg Schoepp (608) 963-3837

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:

- 1850's - The Wrigley House, the city's oldest rental property, believed to be the birthplace of Frank Lloyd Wright.
- 1858 - One of the oldest homes in the city, the red brick Greek Revival style James McKee house.
- 1873 - Park Hotel
- 1889 - Courthouse: with its marbled colonnade and gabled clock tower
- 1911-1912 — Richland Center City Hall and Auditorium: Wisconsin's first municipal auditorium
- 1912— Mapleside Footbridge: Built by Otto Klinzing
- 1921 - Frank Lloyd Wright's Warehouse
- 1920's — Prairie School designed Fred H. Pratt House

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

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, and climb the monkey bars!

Vary your playground routine: Bring a bottle of soap bottles to the park and chase the bubbles with your toddler. 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.

Neighborhood Parks or Playgrounds in Richland County

Bear Valley

Kaul Community Park

Boaz

Boaz Community Park

Blue River

Eagle Cave

Cazenovia

Weston School
Lee Lake & Memorial City Park

Gillingham

Gillingham Ball Diamond

Gotham

Community Park on Fulton Street

Scouting

Girl Scouts of Wisconsin-Badgerland

Girl Scouting is open to all girls in grades kindergarten to 12th. Girl Scouts get involved in a variety of activities, including camping, swimming, horseback riding, jumping rope, hiking and canoeing.
gsbadgerland.org

Boy Scouts of America-Wisconsin River District

Open to boys in first grade through high school, scouting emphasizes character development, citizenship and mental and physical fitness. Boy scouts get the opportunity to camp, hike, swim and do other physical activities.

Visit the website below to find troops in Richland County.

<https://beascout.scouting.org/>

Park & Recreation Programs

Richland Center Parks, Recreation & Grounds Department
1050 N. Orange Street
(608) 647-8108
www.ci.richland-center.wi.us

Providing a variety of fitness options year round for youth and adults. Programs in the summer feature: Tennis, Frisbee Golf, Soccer, SuperSports, Track and Field, Volleyball, Indoor Floor Hockey, Kickball, Softball, Baseball, Karate and a variety of craft options. In the fall and winter months you can join Flag Football, Basketball, Tennis, SuperSports, Karate and lots of seasonal craft options. Check our website, facebook and school flyers for details and signups. Youth sports camps are held in the summer months for basketball, track, & volleyball.

Boaz Boosters 4-H, 1st Wednesday of the month, 7:00 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, 7:00 p.m.,
Kratochwill Memorial Building

Fancy Creek Sunbeams 4-H, 1st Monday of the month, 8:00
p.m., Marshall Town Hall, Gillingham

Ithaca Happy Hour 4-H, 4th Sunday of the month, time varies,
Willow

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

Sabin Livewires 4-H, 3rd Sunday of the month, 3:00 p.m.,
Washington School.

Syresville Starlets 4-H, 2nd Sunday of the month, 1:00 p.m.,
Rockbridge School, Rockbridge

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

Cazenovia Willing Workers 4-H, 1st Sunday of the month,
1:00 p.m., St. Anthony's School, Cazenovia



Hub City

Mick Memorial Park

Ithaca

Ithaca Schools

Honer-Devine Park

Lone Rock

Fireman's Park

Garrison Park

Lone Rock Elementary School

Patterson Park

Richland Center

Lions Park (Hwy 80 N / Industrial Rd)

Krouskop Park

North Park/ North Lake Park

Strickland Park

West Side Park

Old Mill Pond Park

Ocooch Mountain Trails

Local schools: Jefferson, Lincoln, Doudna,
St. Mary's, Eagle, Christian Academy, RMS

Rockbridge

Pier County Park

Viola

Banker Park

Viola Park

Village County Park

Play in the Park or Find a Trail to Bike, Hike, or Walk

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!

Bear Valley

_____ Kaul Community Park

Location: On St Killians Road off Hwy 130
(2 miles south of Bear Valley on HWY 130)

Amenities: Softball/Baseball Diamond, Play Equipment, Basketball, Shelters, Restrooms, Camping (shower available)

Boaz

_____ Boaz Community Park

Location: On County Hwy E/171 in Boaz

Amenities: Softball/Baseball Diamond, Play Equipment
Pine River & Mill Creek Access, Community Center Building

Blue River/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:
www.eaglecave.net

Bunker Hill

Walk to the highest point in Richland County located in the unincorporated village on County I.

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 afterschool 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. www.richland.uwex.edu/4-h-youth-development/



Health Clubs in your area

Fitness clubs offer busy individuals the chance to get quick, effective, fun workouts that can fit into their lives. Call for fees and times.

LadyFit

194 East Court Street, Richland Center, WI 53581
(608) 647-3737

LadyFit is an all women's fitness facility offering circuit training, yoga, Zumba, and standard cardio equipment (treadmills, elliptical, recumbent bike.) Call for more information.

www.funinthesunwi.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. Call for more information.

www.symonsrec.com

Fitness14

110 Richland Center Square, Hwy 14, Richland Center, WI 53581
(608) 649-3935, 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 info.

Stairway to Wellness

196 West Court Street, Richland Center, WI 53581

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 Classes and lots of wonderful workshops to recharge your batteries. Call for more info
(608) 585-2015.

www.stairway2wellness.com

Cazenovia

___ **Weston School**

Amenities: Playground Equipment, Open Field, Softball/Baseball Diamond

___ **Lee Lake & Memorial City Park**

Location: On Park Street off Hwy 58 in Cazenovia

Amenities: Basketball Court, Tennis Court, Horseshoe Pit
Baseball/Softball Diamonds, Shelters, Restrooms,
Camping Fishing. Boat, Canoe Access

___ **Village Park**

Location: Main Street, In front of old school building

Amenities: Basketball Court, Play Equipment

Gillingham

___ **Gillingham Ball Diamond**

Amenities: Softball/Baseball Diamond

Gotham

___ **Community Park**

Location: Fulton Street

Amenities: Softball/Baseball Diamond

Hub City

___ **Mick Memorial Park/ Hub City Bog**

Location: Hwy 80 North in Hub City, Bog is located at the corner of Old Pine River Road and Soules Creek Road

Amenities: Play Equipment,
Softball/Baseball Diamond, Open Field

Ithaca

___ **Ithaca Schools**

Location: Hwy 58 in the village of Ithaca

Amenities: Play Equipment,
Softball/Baseball Diamond, Basketball

___ **Honer-Devine Park**

Location: Hwy 58 heading towards Cazenovia from Ithaca

Amenities: Softball/Baseball Diamond, Open Field

Lone Rock

____ Brace Park

Location: Hwy 130 (outskirts of town)

Amenities: Fishing

____ Fireman's Park

Location: West Exchange Street

Amenities: Basketball Courts, Sand Volleyball courts,
2 Softball/Baseball Diamonds,
Play Equipment, Shelters, Bathrooms

____ Garrison Park

Location: Hwy 130

Amenities: Play Equipment, Open grass area,
Shelters, Bathrooms

____ Lone Rock Elementary School

Location: West Pearl Street

Amenities: Play Equipment

____ Patterson Park

Location: West Union Street

Amenities: Softball/Baseball Diamond

Rockbridge

____ Pier County Natural Bridge Park

Location: Hwy 80 in Rockbridge

Description: 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, Fishing, and Canoe/Kayaking.
Tunnel to walk through rock formation, Stairs to walk to the top of
the rock for an amazing view

Get in the Swim

Since it's a no-impact sport, swimming is a great physical activity for you 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 Community Outdoor Pool

In the summer, you can swim in the Richland Center Community Pool. ADA Pool lift is available to those in need.

Pool Hours

Monday – Friday

Adult Lap Swim: 10:00 AM – 11:00 AM,
5:00 PM – 6:00 PM

Open Swim: 11:00 AM – 6:00 PM

Saturday & Sunday

Open Swim: 12:00 PM – 6:00 PM

Pool Passes

Resident = City Address

Non-Resident = Township (Fire #)

Family Pass: \$65.00 /
Non-Resident \$75.00

Individual Pass: \$35.00 /
Non-Resident \$45.00

Swimming in the Pine River is free!

Swimming Year-round

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.

Indoor Pools

Symons Recreation Complex

Adult Lap Swim and Open/Family Swim times, Kiddie slide, Adult Water Aerobics Classes & Youth Swimming lessons, whirlpool & sauna are available.

Join the Symons Sharks Swim Team!

Contact Denise for times, availability & assistance. (608) 647-8522

www.symonsrec.com

Kickapoo High School

Adult Lap Swim and Open/Family Swim times, Adult Water Aerobics Classes & Youth Swimming lessons are available.

Contact Jane Schmidt, **fitnesschoice@yahoo.com**

www.kickapoo.k12.wi.us

Rent a Garden Plot

Richland Center has two locations for Community Gardening. The first is located on North Cedar Street at the entrance to the City Dump Site. The second is a raised bed site at the contact the Park office at (608) 647-8108 ext. 1

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, contact UW-Extension Horticultural Agent To get an application for the program, (available mid-August) contact the UW-Extension Office at (608)647-6148.

Volunteer in a Garden or Park

If you don't have land of your own to beautify, you can volunteer to work in a community garden or park. Equipment and instruction are often provided for you, and your handiwork can be appreciated by the whole community.

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 pm on Wednesdays in the lot next to Phoenix Computers and Saturdays on the Richland County Courthouse from 7:30 am – noon
www.richlandareafarmersmarket.org

Richland Center

Krouskop Park

Location: North Jefferson Street

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

Amenities: Playground Equipment, Swimming Pool, Basketball Court, 2 Lighted Baseball/Softball Diamonds, 2 Lighted Tennis Courts, 2 Lighted Pickleball Courts, 2 Sand Volleyball Courts, 7 Shelters with areas for Picnicking (including Grills), 1 enclosed Shelter with kitchen area, 2 Gazebos, Fishing Piers, 18 Hole Frisbee Golf Course, Horseshoe Pits, Restrooms, Outdoor skating rink with warming shelter, access to walking/biking on the Pine River Trail, access to snowshoeing/ cross country trails along the Pine River, ADA accessible Canoe/Kayak ports on the Pine River, Primitive Camping.

North Park

Location: Allison Park Drive

Description: A 12.5 acre park, on the north side of the Pine River, with trails lining it, providing access to miles of hiking, fishing and canoeing adventure.

Amenities: 4 Baseball/Softball Fields (2 are Lighted), Soccer Fields, Double Shelter for Picnicking and Concessions, Open Fields, Cross Country Skiing, access to walking/biking on the Pine River Trail.



Grow a Garden!

___ North Lake Park

Location: North of North Park, off State Hwy 80

Description: A 3.5 Acre park just north of North Park, featuring a pond stocked with a variety of fish including blue gills, large-mouth bass, perch and catfish.

Amenities: Stock Pond with a Variety of Pan Fish, Gazebos and Picnicking Areas, and a ADA accessible fishing pier.

___ Strickland Park/ Miner Hill Trails

Location: North Pearl Street & East Street, Behind The Richland Hospital.

Description: Strickland Park is a small .3 acre neighborhood park surrounded by residential property with access to Miner Hill Trails. These 50 acres of scenic wonder are 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 or a leisurely pause on the trail.

Amenities: Playground Equipment, Picnicking, Sightseeing

___ Westside Community Park/ The Footbridge

Location: North Grove Street

Description: This 3 acre neighborhood park provides access to a historic wood walking bridge across the Pine River. You can Access the west side of town and Westside Park from the Pine River Trail by crossing the bridge while enjoying wildlife and Mother Nature at her best. Lighting is provided for a quiet evening stroll across the wooden bridge.

Amenities: Playground Equipment, Scenic Views of Pine River, Wooden Walking Bridge and Pine River Hiking Trails, Community Garden, Gazebo.

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.



Bike Trail Maps

Most of the quiet rural towns and villages in Richland County offer opportunities for family biking on quiet residential streets. The City of Richland Center now offers roughly 12 miles of mountain bike trails for the experienced mountain biker. For the serious road 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

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

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>



Old Mill Pond Park

Location: Off of West Seminary Street, right after the bridge.

Description: This is one of our newest parks. After the community center was relocated, the old one was torn down and the space reused.

Amenities: Community Gardens, Shelter, Primitive Camping, an ADA accessible fishing and canoe port.

Ocooch Mountain Trails

Location: Off of Hwy 14 on Peebles Dr. Parking is at the Armory.

Description: These trails have 12 miles of mountain biking, hiking, cross country skiing, and snowshoeing trails. See if you can find the cave and the ruins of an overlook of the Pine River.

Amenities: Mountain Biking Area, Cross Country Skiing, Snowshoe

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. The City Arboretum is located on this trail.

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.

Ride Your Bike

___ Ash Creek Community Forest

Location: 2 miles south of Richland Center on State Hwy 80

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

Amenities: 4 miles of primitive hiking, biking, horseback riding trails, snowshoeing and cross country skiing. The forest is open year 'round and parking is available. It is also ADA accessible for fishing.

___ Black Trails- Pine River Hiking & Cross Country Skiing Trail

Location: Hwy 80 North to Industrial Park Road next to the bridge.

Description: A 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, Bowens Cemetery, and County AA at Bowens Mill.

___ Petite Roche Prairie

Location: Under the footbridge between West Seminary Street and Hwy 14.

Description: This area was turned into a prairie after the removal of the Pine River Dam in 1991.

Amenities: Groomed Cross Country Ski Trails, Hiking Trails, plenty of fishing opportunities, disc golf course, a wildlife scrape and a picnicking area at the location of the Dam. Access to bike/walk trail.

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 even mountain bike 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.



Walk at the Community Center or in your local schools

Is it too hot to walk? Too cold? Do you think it's not safe to walk in your neighborhood? Try walking inside at the Richland Center Community Center. 1050 N. Orange Street. Call (608)647-8108 ext. 1 for availability. Check Richland Center Community & Senior Center on facebook and our website for monthly calendars.

www.richlandcenter.com

Local schools allow community members to walk inside before or after school. Outdoor tracks are also available for walking and recreation. Contact specific schools for more information.

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

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.alzswisc.org

Wedgeood North and South Park/ Wedgeood Trails

Location: North– Wedgewood Drive, behind the White House/ Ramada Inn South-South of Doudna School on Bohmann Drive

Amenities: Each park features a trail head, parking and picnic areas for the Wedgewood Trail. South provides a canoe/kayak port on the Pine River.

UW-Richland Wellness Trail

Location: On UW-Richland Campus/ Symons Recreation Complex on Hwy 14 West. Park at Symons Recreation Complex and walk back between the building and basketball courts.

Description: 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.

Amenities: This trail can be used for walking your dog, hiking, running, snowshoeing, and cross country skiing on a groomed trail.

Pine River Trails and Fishing Platforms

Description: 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.

Viola

___ Banker Park

Location: West Commercial Street/State Hwy 56/131, in Viola

Description: 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

Location: Behind Viola Municipal Building

Amenities: Tennis Courts, Basketball Courts, Skate Park, Play Equipment, Open Field

___ Village County Park

Location: 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
City & County Parks contact:**

Richland Center Parks, Recreation & Grounds
(608)-647-8108 ext. 1 www.ci.richland-center.wi.us/parks-rec/

Richland County Parks Commission
(608)-647-6148 www.rclrs.net/parkcomission/

EXPLORE

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

Wisconsin Department of Natural Resources

2514 Morse St, Janesville, WI 53545

(608) 743-4800

www.dnr.state.wi.us

Richland County Parks Commission

1100 Hwy 14 West

Richland Center, WI 53581

(608) 647-6148

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