



Taylor County Opportunities for Physical Activities



The following information is provided to residents and visitors to Taylor County as a resource for you to enjoy the many opportunities for physical activity. The activities listed may potentially have some fee associated with it but there are many activities you can enjoy at no cost.

This information was compiled from many different resources. Please contact the Taylor County Health Department at 748-1410 for any additions, changes or corrections to this booklet to be completed with future reprints of this document.

Sponsored by
Taylor County Health Department
<http://www.co.taylor.wi.us/departments/health/health.html>

Healthy People Taylor County
<http://www.healthypeopletaylorcounty.org/>

Wellness Coalition of Taylor County

According to the Center for Disease Control and Prevention, regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. Regular physical activity is one of the most important things you can do for your health.

The benefits of Physical Activity includes:

- ◆ Control your weight
- ◆ Reduce your risk of cardiovascular disease
- ◆ Reduce your risk for type 2 diabetes and metabolic syndrome
- ◆ Reduce your risk of some cancers
- ◆ Strengthen your bones and muscles
- ◆ Improve your mental health and mood
- ◆ Improve your ability to do daily activities and prevent falls, if you're an older adult
- ◆ Increase your chances of living longer

If you're not sure about becoming active or boosting your level of physical activity because you're afraid of getting hurt check with your medical provider.

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Archery

- ◆ Northwoods Archers
Eric Seidl 715-785-7454
P.O. Box 81, Medford, WI 54451
- ◆ Camp Forest Springs, Brent Johnson
N8890 Forest Lane, Westboro, WI 54490
715-427-5241
- ◆ Shane's Outfitters
1281 N 8th Street, Medford, WI 54451
715-748-2855



Aerobics/Fitness

Check with your school if they have a fitness center available for public use

- ◆ Curves, Lorie Schmitz
158 S. Main St, Medford, WI 54451
715-748-0666
- ◆ Medford Therapy & Fitness Center & Gym-Memorial Health Center
103 S. Gibson, Medford WI 54451
715-748-8748 / 715-748-8112
- ◆ Electric Fitness Center
330 S Whelen Ave, Medford, WI 54451-1861
715-748-4300
- ◆ Stetsonville Aerobics (sponsored by NTC)
Stetsonville Elementary (September to May on Mon and Wed)
Connie Zuleger, Instructor
Contact NTC for information 748-3603



Aquatic Facilities

- ◆ Medford City Outdoor Pool
715-748-4321
- ◆ Medford High School Pool
1015 W. Broadway Ave, Medford WI 54451
715-748-5951

Baseball/Softball

- ◆ Gad Little League
Shannon Williams
- ◆ Holway Little League/Softball
Andrea Kawa
- ◆ Stetsonville Tee Ball/Softball
John Clausnitzer — 715-678-6198
Amy or Evan Elsner — 715-748-9044
- ◆ Whittlesey Little League/Softball
Mike Roiger — 715-748-2541
- ◆ Rib Lake Little League/Softball
Craig Scheithauer
- ◆ Medford Little League Club- Tee Ball, Little League, Girls Softball and Baseball
Toby Anderson — 715-748-3301
- ◆ Dairyland Baseball-age 14 and older
Justin Hraby — 715-748-9041
Mike Bub — 715-748-6446
- ◆ 35 and Older Men's Softball League
Al Riemer — 715-678-2911
- ◆ Tuesday Night Men's Softball League
Greg Hoefs — 715-748-6259
- ◆ Women's Softball League
Ashley Stillman — 715-560-0765
- ◆ 50 and Over Men's Softball
Dennis Engel — 715-654-5243
- ◆ Taylor County Sportsmen's Slowpitch Softball League
Justin Hraby — 715-748-9041



- ◆ Church Co-ed Softball League on Sunday Evenings at Whittlesey Lions Park
(contact your church for participation)

Baseball/Softball Facilities

- ◆ Stetsonville
- ◆ Thirsty Moose
- ◆ Whittlesey Baseball Park
- ◆ Whittlesey Lions Park
- ◆ Medford City Park
- ◆ Tannery Creek, Rib Lake
- ◆ North Field, Rib Lake
- ◆ Centennial Hall, Stetsonville
- ◆ Stetsonville School
- ◆ GAD
- ◆ Immanuel Lutheran Church Softball Fields



Basketball

- ◆ Medford Youth Basketball
Ron Lien — 715-748-5131
Scott Wildberg — 715-748-6838
- ◆ Rib Lake
- ◆ Gilman
- ◆ Youth Summer Basketball Program
Ron Lien — 715-748-5131

Bike Groups

- ◆ Flambeau Freewheelers: Race Training and Fast Recreational;
6:30 PM rides (from Rib Lake, Phillips, Medford)
<http://flambeau-freewheelers.webs.com>
Bryan Bormann 715-748-5718
Nancy Anderson 715-339-4865
- ◆ The Chain Gang
Bryan Bormann 715-748-5718
Gary Czarnecki 715-748-3941

Bike Touring Routes

- ◆ Pine Line Rail Trail
- ◆ Camp 8 ATV trails: access to Timm's Hill trails
- ◆ Taylor Made ATV
<http://www.taylormadeatv.com>



Bird Watching

- ◆ Chequamegon Bird Club
Chequamegon Bird Club - CBC Bird Watchers of Medford
Cathy Mauer-715-748-3160

Bowling

- ◆ Taylor County Women and Men's Bowling Association
1174 W. Broadway, Medford, WI 54451
- ◆ Sports Page Bowl and Grill
1174 W. Broadway Ave, Medford, WI 54451
715-748-3433
- ◆ Gilman Bowl
270 E. Main St, Gilman, WI 54433
715-447-8770
- ◆ Little Bohemia Bowl and Cafe
806 McComb Ave, Rib Lake, WI 54470
715-427-3355



Boy Scouts

- ◆ Boy Scouts/Troop 536
Brian Hedlund 715-748-3743
136 W. Broadway, P.O. Box 405, Medford, WI 54451

Camping

- ◆ Medford and Rib Lake Area
http://www.medfordwis.com/taylor_county_campsites.htm
- ◆ Gilman Park

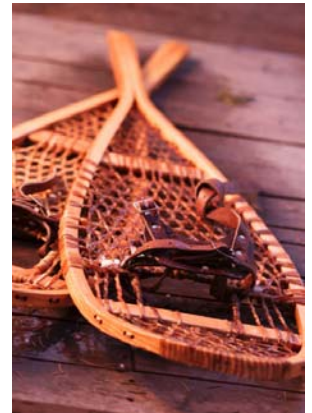


Canoeing/Kayaking

- ◆ Jump River
- ◆ Yellow River
- ◆ Camp Forest Springs
N8890 Forest Lane, Westboro, WI 54490
715-427-5241

Cross Country Skiing/Snowshoeing

- ◆ Rib Lake Nordic Ski Club
- ◆ Rib Lake Ski and Snowshoe Club
- ◆ Campus Trails: South of USDA building
925 Donald St, Medford, WI, 54451
- ◆ Rib Lake Ski Trail System
<http://skiriblake.com/>
- ◆ Ice Age Trail
<http://iceagetrail.org/>
- ◆ Camp Forest Springs
N8890 Forest Lane, Westboro WI 54490
715-427-5241
- ◆ Jaycee Trail: Rib Lake
- ◆ Perkinstown Winter Sports Area
16 miles west of Medford on Highway 64 then right (north) on
FR 119 4.4 miles to the chalet
<http://www.gilmanwi.com/tourism.html>



Cub Scouts

- ◆ Cub Scouts Pack 533
Stacie Tanata 748-0816

Curling

- ◆ Medford Curling Club-Adult and Youth
525 S. Whelen Avenue, Medford

Dance

- ◆ Feet-N-Motion Dance Studio
Erin Wojcik 715-785-7554
- ◆ Medford Academy of Ballet
715-845-5199

Disc Golf

- ◆ Immanuel Lutheran Church: Disc Golf during summer months
420 Lincoln St. Medford, WI 54451
715-748-2921

Fishing/Ice Fishing

- ◆ Numerous lakes located in the area.
<http://www.dnr.wi.gov/lakes/maps/DNR/taylor.htm>

Football

- ◆ Medford Area Youth Football
Doug Meier 715-785-7205
- ◆ Medford City Flag Football League: (must be 18 to participate)
Ryan Martin 715-678-2316

Gardening

- ◆ Taylor County Master Gardeners
Gayle Thums — 715-748-6317
- ◆ Gilman Area Garden Club
Pam Spooner — 715-447-8635

Girl Scouts

- ◆ Girl Scouts
Birch Trail Girls Council
1-800-243-2371

Golf

- ◆ Black River Golf (Leagues and Public Golfing)
Medford
Rob Keefe — 715-748-5520
- ◆ Tee Hi Golf Club (Leagues and Public Golfing)
Medford
Norm Perrin — 715-748-3990
- ◆ Whittlesey Lions Golf-donation (5 holes)
Whittlesey Lions Park (Ballpark Drive)

Gymnastics/ Tumbling

- ◆ Rainbow Tumbling Youth Gymnastics: children must be three or older to participate
Lisa Brooks 715-748-3648



Hiking/Biking/Ski Trails

- ◆ Ice Age National Scenic Trail
<http://iceagetrail.org/index.html>
View trail maps, trail conditions, contact information, photos, additional resources, and other information about the Ice age Trail Alliance
- ◆ Timm's Hill Trail
- ◆ Rib Lake Ski Trail System
<http://skiriblake.com/>
- ◆ Gerstberger Pines Nature Trail
Rib Lake Tourism Committee 715-427-5404
- ◆ Perkinstown Motorized Trail
- ◆ Pine Line/ Rail Trail- 26 mile trail connecting Medford and Prentice
- ◆ Mondeaux Flowage Recreation Area
Steve Kalmon — 715-427-5746
- ◆ Camp Forest Springs
715-427-5241
N8890 Forest Lane, Westboro, WI 54490
- ◆ The "UGH" Trail:
5 mile hiking and biking trail along Rib Lake starting at Ice Age Park Logging Road: 6-mile graveled logging road in Rib Lake open for non-motorized use, including mountain bikes
http://www.medfordwis.com/rib_lake.htm
- ◆ Campus Trails: South of USDA building
925 Donald St, Medford, WI, 54451
- ◆ Wisconsin Department of Natural Resources-Natural Areas by County
<http://www.dnr.wi.gov/org/land/er/sna/bycountylist.htm#TAYLOR>

Horseback Riding

- ◆ Perkinstown Motorized Trail
- ◆ 4-H Horse Project 715-748-3327
- ◆ Black River Riders: Horseback Riding Club
- ◆ Ice Age Trails-Rib Lake

Horseshoe Facilities

- ◆ Medford City Park
715-748-4321
- ◆ Leagues are available at various facilities

Ice Hockey

- ◆ Simek Recreation Center-Medford Youth and Adult Hockey
1037 W. Broadway, Medford
Mike Ecklund 715-748-6655
<http://www.skatedmedford.org/>

Hunting and Wildlife

- ◆ MRC Sportsman's Club
715-748-5830
- ◆ Taylor County Sportsman's Club
<http://tcsportsman.com/>
- ◆ Silver Creek Sportsman's Club
715-748-3393
- ◆ Hunter Safety Classes-Taylor County Forestry and Recreation Department
715-748-1486
- ◆ Northwoods Archers
Eric Seidel — 715-785-7454
- ◆ Chequamegon Wildlife & Recreation Club
<http://www.cwrclub.com>



Ice Skating

- ◆ Simek Recreation Center
1037 W. Broadway, Medford, WI 54451
715-748-6655



Martial Arts

- ◆ Derrico's Black Belt School
228 S. Main St, Medford, WI 54451
715-748-3262
<http://derricosblackbeltschool.com>
- ◆ Everhard Karate Academy
S. Main St. Medford
715-748-9439

Parks and Beaches

Check swimming beach water test results at:
<http://www.wibeaches.us/>

- ◆ Medford City Park
- ◆ Grahl Park
- ◆ Main Street Mini Park
- ◆ Sackett Lake-Beach
- ◆ Wellington Lake-Beach
- ◆ Wood Lake-Beach
- ◆ South Harper Lake-Beach
- ◆ Gilman Park- 100 year old swinging bridge
- ◆ Mondeaux Flowage Recreation Area
- ◆ Lakeview Tourist Park
http://www.medfordwis.com/rib_lake.html
- ◆ Diamond Lake County Park (Gilman/Western Taylor County)



Pilates

- ◆ Medford Therapy and Fitness: Fitness Center
139 S Gibson St, Medford, WI 54451
715-748-8112

Racquetball

- ◆ Electric Fitness Center
330 S. Whelen Ave, Medford, WI 54451
715-748-4300



Recreational Rentals

- ◆ Mondeaux Dam Lodge (summer only)
Canoe and Paddle Boat Rentals
<http://www.mondeauxdamlodge.com/index.htm>
715-427-5746
- ◆ Silent Glide Canoe / Kayak Shop
Dan Renzoni 715-748-0148
<http://www.silentglidecanoeandkayakshop.com/>

Rock Climbing

- ◆ Camp Forest Springs
N8890 Forest Lane, Westboro, WI 54490
715-427-5241
<http://www.campforestsprings.org/>



Running/Walking/Biking

- ◆ Campus Trails: South of USDA building
925 Donald St, Medford, WI, 54451
- ◆ River Walk along Black River: downtown Medford
- ◆ Rail Trail/Pine Line Trail
- ◆ Ice Age Trail (***No Biking***)
<http://www.iceagetrail.org>
- ◆ Develop your own walk/run map
<http://walkingguide.mapmyrun.com>



Sailing

- ◆ Camp Forest Springs
N8890 Forest Lane, Westboro, WI 54490
715-427-5241

Senior Specific Activities

- ◆ Taylor County Commission on Aging
Exercise Class on Mondays and Thursdays in Multi-Purpose Room
11:15 AM-11:45 AM
715-748-1491
- ◆ Medford Therapy & Fitness
Call for class schedules.
715-748-8112

Skateboarding

- ◆ City of Medford Skate Park:
The skate park is located in the Medford City Park, next to the City's public pool. Pads are not required but recommended. There are no admittance fees. The Medford skate park closes at 11:00 PM.

Snowmobiling/ATV trails

- ◆ Taylor County Snowmobile Clubs Association
Wally Emmerich
W6537 Apple Ave, Medford, WI 54451
- ◆ Dave Marcis Camp 28 Tourist Information Center (maps) –Rib Lake Trails
Taylor Made ATV Club
Don Liske 715-748-6623
Chris Konieczny 715-748-5213
- ◆ Snowmobile/ATV trail Conditions
<http://www.co.taylor.wi.us/departments/fr/trails.htm>
- ◆ Camp 8 ATV Trail
- ◆ Perkinstown Motorized Trail



Soccer

- ◆ Medford Youth Soccer Association
http://medsoccer.com/index.php?option=com_frontpage&Itemid=

Sporting/Competitive Events

- ◆ <http://www.focusontaylorcounty.com/events.html>
- ◆ http://www.medfordwis.com/mc_evnts.htm

Swimming

- ◆ Sackett Lake Public Beach
- ◆ Wellington Lake Public Beach
- ◆ Wood Lake Public Beach

- ◆ South Harper Lake Public Beach

Swimming (cont.)

- ◆ Mondeaux Flowage
- ◆ Medford High School Pool
715-748-5951
- ◆ Medford City Pool
715-748-4321
- ◆ Woodlands Inn Pool
Open to Public Every Day: 6:00 AM to 10:00 PM
\$3.00 per Swimmer
715-748-3995
- ◆ AmericInn of Medford Pool
Open to Public Every Day: 6:00 AM to 10:00 PM
\$4.00 per Swimmer
715-748-2330
- ◆ Chequamegon Camp Ground Beach
- ◆ Camp Forest Springs
- ◆ Diamond Lake County Park: Gilman/Western Taylor County
- ◆ Medford Swim Club
Anne Burghaus 715-748-5039
- ◆ Early Morning Splashers
715-748-5951



Tennis

- ◆ Camp Forest Springs
N8890 Forest Lane, Westboro, WI 54490
715-427-5241
- ◆ Medford City Park
715-748-4321
- ◆ Rib Lake High School
- ◆ Medford High School

Tubing/Sledding

- ◆ Perkinstown Winter Sports Area
715-785-7722
Joanne Schneveis 715-748-6439
- ◆ Camp Forest Springs
N8890 Forest Lane, Westboro, WI 54490
715-427-5241

Volleyball

- ◆ 8th Street (summer outdoor leagues)
331 N. 8th Street, Medford, WI 54451
715-748-6300
- ◆ Thirsty Moose (summer outdoor leagues)
N2027 Black Birch Dr, Medford, WI 54451
715-748-4242
- ◆ Medford Storm Youth Volleyball
Dave Vaara 715-785-7726
- ◆ Winter League Women's Volleyball (Wednesday evenings)
Staci Christianson — 715-748-6493
- ◆ Adult Volleyball (winter, Monday evenings)
Steve Mayer — 715-748-3835



Wrestling

- ◆ Medford Youth Wrestling Club
Coach Brooks
<http://www2.medford.k12.wi.us:8400/~brooktr/Wrestling/Wrestling%20Index.htm>

Yoga

- ◆ Mind Body Spirit Yoga
102 N. 2nd St, Medford, WI, 54451
Pam Peterson 715-748-3666
715-748-2556



Other

- ◆ Genesis Youth Center
818 McComb Ave, Rib Lake, WI, 54470
715-427-5636
- ◆ Gilman Summer Recreation Program
715-447-8650
715-447-8211
- ◆ Special Olympics
Black River Industries
715-748-2950
- ◆ 4-H Youth Development Program
Michelle Grimm
U-W Extension 715-748-3327
925 Donald St, Medford, WI, 54451
- ◆ Medford Summer Recreation
639 S. 2nd St, Medford, WI 54451
715-748-2556
- ◆ Chequamegon Wildlife and Recreation
- ◆ Cutting Edge Youth Ministry
220 N. Main Street, Medford, WI 54451
- ◆ Holy Rosary Youth Group-715-748-3336
- ◆ Gilman/Western Taylor County Tourism Council
Email: 4seasonsfun@centuryinter.net

Area Events

- ◆ Rib Lake Area Event Hotline
1-800-819-5253
<http://www.riblakewisconsin.com/>
- ◆ The Star News
715-748-2626
- ◆ The Shopper
715-748-2626
- ◆ Medford Area Chamber of Commerce
P.O. Box 172, Medford, WI, 54451
715-748-4729
1-888-682-9567
http://www.medfordwis.com/mc_evnts.html
- ◆ Gilman/Western Taylor County Tourism Council
Email: 4seasonsfun@centuryinter.net
<http://www.gilmanwi.com>

Resources-Websites

Chequamegon Wildlife and Recreation Club
<http://cwrclub.com/>

Price-Taylor Rail Trail
http://www.co.taylor.wi.us/visitors/rail_trail.pdf

**Wisconsin Department of Natural Resources-
Natural Lands-Taylor County**
<http://www.dnr.wi.gov/org/land/er/sna/bycountylist.htm#TAYLOR>

Camp Forest Springs
<http://www.campforestsprings.org/>

Medford Therapy and Fitness
[http://www.memhc.com/ourServices/index.cfm?
catID=1&subCatID=8&pageID=60](http://www.memhc.com/ourServices/index.cfm?catID=1&subCatID=8&pageID=60)

MRC Sportsman Club
<http://mrcsportsmansclub.com/Contacts.htm>

Taylor Made ATV
<http://www.taylormadeatv.com/>

Taylor County Campsites
http://www.medfordwis.com/taylor_county_campsites.htm

Rib Lake Ski & Snowshoe Club
<http://www.skiriblake.com/>

Gilman Area Tourism
<http://www.gilmanwi.com/tourism.html>

**Wisconsin Department of Natural Resources
Taylor County Lakes**

<http://www.dnr.wi.gov/lakes/maps/DNR/taylor.htm>

Chequamegon Bird Club

<http://chequamegonbirdclub.org/>

Ice Age Trails-Taylor County

<http://www.iceagetrail.org/countyhike.htm>

http://www.iceagetrail.org/HighPoint/Comp_Guide_08_High_Point.pdf

Perkinstown Winter Sports Area

http://www.medfordwis.com/perkinstown_winter_sports_area.htm

**Chequamegon-Nicolet National Forest
Campground, Wilderness Areas
Trails and Tours, Fishing Information
Visitor Centers**

<http://www.fs.fed.us/r9/cnnf/>

Gilman, Wisconsin

<http://www.gilmanwi.com>

Medford, Wisconsin

<http://www.medfordwis.com/>

Rib Lake, Wisconsin

<http://www.riblakewisconsin.com/>

Center for Disease Control

<http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

Wisconsin Department of Health Services

<http://dhs.wisconsin.gov/health/physicalactivity/index.htm>

Did you know that...

- ♦ **Wisconsin's obesity rate ranked 16th highest in the country in 2006.**
- ♦ **Obesity in adults is associated with many chronic diseases and poor health outcomes.**
- ♦ **Obesity is placing an economic strain on the healthcare system.**
- ♦ **Many Wisconsin children and adolescents are also affected by overweight or obesity.**
- ♦ **Children and adolescents are increasingly being diagnosed with adult illnesses.**

This information is from:

Obesity, Nutrition and Physical Activity in Wisconsin Executive Summary

http://dhs.wisconsin.gov/health/physicalactivity/pdf_files/executivesummary.pdf

