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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Did You Know...
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 Czarnezki 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.skatedford.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
  715-427-5746

- Silent Glide Canoe / Kayak Shop
  Dan Renzoni 715-748-0148

Rock Climbing

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

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 Resource-
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

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

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