

| RESOURCE | REGION | PHONE |
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| COUNTY INFORMATION | | |
| LOCAL AGENCIES | | |
| Aging & Disability Resource Center (ADRC) | Richland Center | 608-647-4616 |
| Chambers of Commerce | | |
| Reedsburg Chamber of Commerce | Reedsburg | 608-524-2850 |
| Richland Center Chamber of Commerce | Richland Center | 608-647-6205 |
| Spring Green Area Chamber of Commerce | Spring Green | 608-588-2054 |
| Veterans Affairs Office | Beloit | 608-647-6101 |
| Department of Health & Human Services | Richland Center | 608-647-8821 |
| Parks and Recreation Dept. | | 800-422-1318 |
| AREA HOSPITALS | | |
| Reedsburg Area Medical Center | Reedsburg | 608-524-6487 |
| Richland Hospital | Richland Center | 608-647-6321 |
| Richland Medical Center | Richland Center | 608-647-6161 |
| OUTDOOR BIKING INFORMATION | | |
| Biking maps by county | | www.dot.wisconsin.gov/travel/bike-foot/countymaps.htm |
| Wisconsin biking information | | www.dot.wisconsin.gov/travel/bike-foot/bike-index.htm |
| Wisconsin state bike laws | | www.wibikelaw.com |
| WALK/RUN | | |
| SHOPPING CENTERS & MALLS | | |
| Viking Village Shopping Center | Reedsburg | 608-524-6108 |
| SCHOOLS | | |
| St. Anthony Elementary School | Cazenovia | 608-983-2786 |
| Weston School District | Cazenovia | 608-986-2151 |
| Highland School District | Highland | 608-929-4525 |
| Ironton-La Valle Elementary School | La Valle | 608-985-7716 |
| Lone Rock Elementary School | Lone Rock | 608-546-2228 |
| North Freedom Elementary School | North Freedom | 608-522-4946 |
| St. Luke Elementary School | Plain | 608-546-2963 |
| Reedsburg School District | Reedsburg | 608-524-2401 |
| Richland High School | Richland Center | 608-647-6131 |
| Richland School District | Richland Center | 608-647-6106 |
| Ithaca School District | Richland Center | 608-585-2512 |
| Rock Springs Elementary School | Rock Springs | 608-524-5132 |
| River Valley School District | Spring Green | 608-588-2551 |
| LOCATIONS WITH TREADMILLS | | |
| <i>See examples below</i> | | |
| PARKS & TRAILS | | |
| State Parks Information | | 608-266-2181 |
| County Parks Information | | 608-647-4612 |
| Governor Dodge State Park | Dodgeville | 608-935-2315 |
| Ash Creek Community Forest | Richland Center | 800-422-1318 |
| Krouskop Park | Richland Center | 800-422-1318 |
| Miner Hill Trail park | Richland Center | 800-422-1318 |
| Pine River Recreation Trail | Richland Center | 800-422-1318 |
| Pier County Park | Rockbridge | 608-647-4637 |
| Mirror Lake State Park | | 608-254-2333 |
| GYMS / EXERCISE BIKES | | |
| COMMUNITY CENTERS | | |
| Symons Recreation Complex | Richland Center | 608-647-8522 |
| Boaz Community Center | Richland Center | 608-536-3469 |
| Ridgeview Community Center | Reedsburg | 608-524-9088 |
| Sumpter Community Center | North Freedom | 608-643-7010 |

| GYMS / EXERCISE BIKES | REGION | PHONE |
|---|-----------------|-----------------------------|
| SENIOR CENTERS | | |
| Richland Center Senior Center | Richland Center | 608-647-6205 |
| Schmitt Woodland Hills Retirement Community | Richland Center | 608-647-8108 |
| Spring Green Senior Center | Spring Green | 608-588-7800 |
| PRIVATE GYMS | | |
| 24/7 Fitness | mult locations | phone book / internet |
| Anytime Fitness | mult locations | phone book / internet |
| Bally Total Fitness | mult locations | phone book / internet |
| Curves | mult locations | phone book / internet |
| Gold's Gym | mult locations | phone book / internet |
| Snap Fitness | mult locations | phone book / internet |
| There are many locally-owned gyms near you too! | | phone book / internet |
| POOLS | | |
| COMMUNITY & PRIVATE POOLS | | |
| Richland Community Pool | Richland Center | 608-647-4409 |
| Spring Green Swimming Pool | Spring Green | 608-588-7700 |
| HOTEL & MOTEL POOLS | | |
| Ramada Inn | Richland Center | 608-647-8869 |
| The Center Lodge | Richland Center | 608-647-8988 |
| Spring Valley Inn | Spring Green | 608-588-7828 |
| EXERCISE VIDEOS AND DVDS | | |
| LIBRARIES | | |
| Brewer Public Library | Richland Center | 608-647-6444 |
| Lone Rock Public Library | Lone Rock | 608-583-2034 |
| Viola Public Library | Viola | 608-627-1850 |
| Spring Green Community Library | Spring Green | 608-588-2276 |
| Reedsburg Public Library | Reedsburg | 608-524-3316 |
| LaValle Public Library | La Valle | 608-985-8383 |
| North Freedom Public Library | North Freedom | 608-522-4571 |
| Kraemer Library and Community Center | Plain | 608-546-4201 |
| VIDEO STORES | | |
| Blockbuster Video | mult locations | phone book / internet |
| Netflix | mult locations | phone book / internet |
| Best Buy | mult locations | phone book / internet |
| Hollywood Video | mult locations | phone book / internet |
| Movie Gallery | mult locations | phone book / internet |
| Family Video | mult locations | phone book / internet |
| There are many locally-owned stores near you too! | | phone book / internet |
| TRANSPORTATION | | |
| COMMUNITY | | |
| St. Vincent de Paul | Reedsburg | 608-524-7714 |
| TAXI CABS | | |
| Towne Taxi | Richland Center | 608-647-3114 |
| Taxi | Reedsburg | 608-524-8766 |
| CHURCHES | | |
| Faith Lutheran Church | Germantown | 262-253-1103 |
| Stony Hills Presbyterian Church | Germantown | 262-255-4480 |
| First Presbyterian Church | Highland | 608-929-4912 |
| Bloomcity United Methodist Church | Richland Center | 608-549-2631 |
| Peace United Methodist Church | Richland Center | 608-647-4559 |
| United Methodist Church of Viola | Viola | 608-627-1448 / 608-627-1910 |
| Wild Rose Baptist Church | Wild Rose | 920-622-4184 |
| St. Paul's Lutheran Church | Wild Rose | 920-622-3280 |
| LIST EXAMPLES OF OTHER RESOURCES IN YOUR AREA: | | |
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