

RESOURCE	REGION	PHONE
COUNTY INFORMATION		
LOCAL AGENCIES		
Aging & Disability Resource Center (ADRC)	Baraboo	608-355-3289
Aging & Disability Resource Center (ADRC)	Richland Center	608-647-4616
Aging & Disability Resource Center (ADRC)	Portage	608-742-9233
Chamber of Commerce		
Baraboo Area Chamber of Commerce	Baraboo	608-356-8333
Lodi Chamber of Commerce	Lodi	608-592-4412
Portage Area Chamber of Commerce	Portage	608-742-6242
Reedsburg Chamber of Commerce	Reedsburg	608-524-2850
Richland Center Chamber of Commerce	Richland Center	608-647-6205
Sauk Prairie Area Chamber of Commerce	Sauk City	608-643-4168
Spring Green Area Chamber of Commerce	Spring Green	608-588-2054
Department of Health & Human Services	Baraboo	608-355-3290
Veterans Affairs Office	Baraboo	608-637-8884
Baraboo Civic Center	Baraboo	608-355-2760
Baraboo Area Senior Citizen Organization, Inc.	Baraboo	608-356-8464
Veterans Affairs Office	Portage	608-742-9618
Department of Health & Human Services	Richland Center	608-647-8821
United Way	Sauk City	608-643-4168
AREA HOSPITALS		
St. Clare Hospital	Baraboo	608-356-1400
Divine Savior Hospital	Portage	608-742-4131
Reedsburg Area Medical Center	Reedsburg	608-524-6487
Richland Hospital	Richland Center	608-647-6321
Richland Medical Center	Richland Center	608-647-6161
Sauk Prairie Memorial Hospital	Sauk City	608-643-7572
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
Tanger Outlet Center	Wisconsin Dells	608-253-5380
SCHOOLS		
University of WI - Baraboo/Sauk County	Baraboo	608-355-5200
Baraboo School District	Baraboo	608-355-3950
Weston School District	Cazenovia	608-986-2151
Ironton-La Valle Elementary School	La Valle	608-985-7716
Lake Delton Elementary School	Lake Delton	608-985-7716
Loganville Elementary School	Loganville	608-727-3401
Merrimac Elementary School	Merrimac	608-493-2217
North Freedom Elementary School	North Freedom	608-522-4946
St. Luke Elementary School	Plain	608-546-2963
Grand Avenue Elementary School	Prairie Du Sac	608-643-1966
Sauk Prairie High School	Prairie Du Sac	608-643-5905
Tower Rock Elementary School	Prairie Du Sac	608-544-2581
Reedsburg School District	Reedsburg	608-524-2401
Rock Springs Elementary School	Rock Springs	608-524-5132
Sauk Prairie School District	Sauk City	608-524-5132
River Valley School District	Spring Green	608-588-2551
Arena Elementary School	Arena	608-546-2228
Richland High School	Richland Center	608-647-6131
Richland School District	Richland Center	608-647-6106

WALK/RUN	REGION	PHONE
Ithaca School District	Richland Center	608-585-2512
Lodi School District	Lodi	608-592-3851
LOCATIONS WITH TREADMILLS		
<i>See examples below</i>		
PARKS & TRAILS		
State Parks Information		608-266-2181
County Parks Information		
Deviils Lake State Park		608-356-8301
Mirror Lake State Park		608-254-2333
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
GYMS / EXERCISE BIKES		
REGION		
PHONE		
COMMUNITY CENTERS		
Kraemer Library and Community Center	Baraboo	608-546-4201
Sumpter Community Center	North Freedom	608-643-7010
MATC	Portage	608-745-3100
Ridgeview Community Center	Reedsburg	608-524-9088
Symons Recreation Complex	Richland Center	608-647-8522
Boaz Community Center	Richland Center	608-536-3469
Rock Springs Community Center	Rock Springs	608-522-5070
SENIOR CENTERS		
Senior Citizen's Center	Baraboo	608-356-8464
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
YMCA / YWCA		
YMCA of Lodi	Lodi	608-592-1076
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		
REGION		
PHONE		
COMMUNITY & PRIVATE POOLS		
Baraboo City Pool	Baraboo	608-355-2764
Baraboo Indoor Pool	Baraboo	608-355-4665
Sky High Camping Resort	Portage	608-742-2572
Richland Community Pool	Richland Center	608-647-4409
Sauk Prairie Indoor Pool	Sauk City	608-643-5950
Spring Green Swimming Pool	Spring Green	608-588-7700
WI Dells Municipal Pool	Wisconsin Dells	608-254-2238
HOTEL & MOTEL POOLS		
Best Western Countryside Inn	Lodi	608-592-1450
Lodi Valley Suites	Lodi	608-592-7331
Comfort Suites	Portage	608-745-7417
Best Western Hotel	Portage	608-742-2200
Ridge Motor Inn	Portage	608-742-5306
Ramada Inn	Richland Center	608-647-8869
The Center Lodge	Richland Center	608-647-8988
Cedarberry Inn	Sauk City	608-643-6625
Spring Valley Inn	Spring Green	608-588-7828
Trails End Motel	Wisconsin Dells	608-254-2828
River Walk Hotel	Wisconsin Dells	608-255-1231

EXERCISE VIDEOS / DVDS	REGION	PHONE
LIBRARIES		
Baraboo Public Library	Baraboo	608-356-6166
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
Prairie Du Sac Public Library	Prairie Du Sac	608-643-8318
Reedsburg Public Library	Reedsburg	608-524-3316
Rock Springs Public Library	Rock Springs	608-522-5050
Sauk City Public Library	Sauk City	608-643-8346
Spring Green Community Library	Spring Green	608-588-2276
Brewer Public Library	Richland Center	608-647-6444
Kilbourn Public Library	Wisconsin Dells	608-254-2146
Portage Public Library	Portage	608-742-4959
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	Baraboo	608-356-4649
Veterans Service Office	Baraboo	608-637-8884
St. Vincent de Paul	Black Earth	608-767-2300
St. Vincent de Paul	Reedsburg	608-524-7714
St. Vincent de Paul	Sauk City	608-643-8905
St. Vincent de Paul	WI Dells	608-254-4011
St. Vincent de Paul	WI Dells	608-254-4011
TAXI CABS		
Taxi	Baraboo	608-356-8300
Taxi	Lake Delton/WI Dells	608-253-2129
Portage Cab	Portage	608-742-4700
Taxi	Reedsburg	608-524-8766
Towne Taxi	Richland Center	608-647-3114
Taxi	Sauk City	608-644-9616
Sureway Taxi	WI Dells	608-254-8463 Text
Sureway Taxi	WI Dells	608-254-8463
VAN SERVICES		
Midstate Medical Express	Portage	800-463-3826
Call A Van		800-833-7976
Raymond's Transport		800-482-3710
CHURCHES		
Arena Congregational Church	Arena	608-753-2242
Arena Bible Church	Arena	608-753-2115
Interfaith Volunteer Network	Baraboo	608-355-0435 / 608-434-5486
Lake Wisconsin Free Evangelical Church	Lodi	(608) 592-3091
Lodi United Methodist Church	Lodi	(608) 592-3480
Bethlehem Lutheran Church Elca	Portage	(608) 742-8502
Faith Baptist Church	Portage	(608) 745-1917
Bloomcity United Methodist Church	Richland Center	608-549-2631
Peace United Methodist Church	Richland Center	608-647-4559
St. Cecilia's Catholic Church	Wisconsin Dells	(608) 254-8381
New Christian Church Full of Endeavor	Wisconsin Dells	(608) 253-9805
LIST EXAMPLES OF OTHER RESOURCES IN YOUR AREA:		