



He who has health has
hope: and he who has hope
has everything.

Arabic Proverb

Get Active!
In Marinette
& Oconto Counties





Welcome to the "Get Active" Adventure!

**It is our hope that this booklet
will inspire you and your family
to have fun with physical activity.
Choose an activity from the
table of contents and explore
the possibilities for fun!**

"Get Active" lists just some of the many wonderful, affordable opportunities for active play in Marinette/Oconto Counties. 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:

**"Get Active"
Community Wellness Partnership
University of Wisconsin Extension
1926 Hall Ave.
Marinette, WI 54143
(715)732-7510**

Particularly for Women

Strong Women

www.strongwomen.com

This site emphasizes the importance of strength training for women to achieve fitness, bone health, and weight maintenance.

Choose to Move

www.s2mw.com/choosetomove

12-week online physical activity program for women from the American Heart Association

Being Active at Any Size

WIN, the Weight-Control Information Network

win.niddk.nih.gov

Go to the publications menu to print "Active at Any Size," a guide for exercising safely when you are overweight.

For Kids and Parents

Kidnetic

International Food Information Council

www.Kidnetic.com

Online computer games that actually encourage children to get on their feet and move!

BAM! Mind and Body™

www.bam.gov

VERB: It's What You Do

www.VERBnow.com

These two CDC (Centers for Disease Control) websites help kids 9–13 years of age set fitness goals—using kid-friendly lingo, games, quizzes, animation and other interactive features.



Websites to Get You Moving

Tracking Your Physical Activity

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

My Pyramid Tracker

U.S. Department of Agriculture

www.mypyramidtracker.gov

Wisconsin's Governor's Challenge

www.wisconsinchallenge.org

Shape Up America

www.shapeup.org

Small Steps

U.S. Department of Health and Human Services

www.smallstep.gov

Nutrition and Physical Activity Tools and Calculators

WI Dept. of Health and Family Services

<http://dhfs.wisconsin.gov/health/physicalactivity/ToolCalcs.htm>

Getting More Information

These sites should answer most of your questions about physical activity:

Center for Disease Control's Physical Activity Page

www.cdc.gov/nccdphp/dnpa/physical/index.htm

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Wisconsin Health & Family Services

Nutrition and Physical Activity Page

dhfs.wisconsin.gov/health/physicalactivity

What is the Community Wellness Partnership?

The Community Wellness Partnership was started in 2003 by individuals and organizations interested in promoting physical activity and healthy nutrition for families in Marinette & Oconto County communities. These agencies participate in the partnership:

- UW-Extension, Marinette & Oconto Counties
- Marinette & Oconto County WIC programs
- Bay Area Medical Center
- Marinette & Oconto County Public Health
- Area School Districts
- Area Business Partners

If you have questions about the partnership or would like to be involved in future partnership activities, please contact Nancy Crevier, UWEX Family Living Educator at 715-732-7510.

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*Supporting the
wellness of the
Community*



www.AuroraHealthCare.org



Scenic Biking Trails

- A complete **map of all the bike routes in Marinette County** can be purchased for about \$4 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 This map is also available for sale at bike stores.
- The Wisconsin Department of Tourism offers a free **Wisconsin Biking Guide**, a detailed guide to 44 Wisconsin bike touring trails, on-road routes, and mountain bike trail systems. Call **1-800-432-TRIP**.

MISCELLANEOUS ACTIVITIES

- ◆ Roller Skating
- ◆ Snowshoeing
- ◆ Bowling
- ◆ Visit an apple or pumpkin farm
- ◆ Strawberry picking
- ◆ Dancing—Equity Park (Wed. evening-Line Dancing, Sunday afternoon-Polka) call (715)789-2147 for more information
- ◆ Volunteer for highway cleanup by calling the Department of Transportation (920)492-5644
- ◆ Cut your own Christmas tree— call Lakewood Ranger Station (715) 276-6333 for a permit.

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 and signal your turns.



- Bikes should have light reflectors. Bikers should wear clothes that make them visible day or night.
- Children should not ride a 2-wheeled bike until they are ready, at about age 5 or 6 years of age. Stick with coaster (foot) brakes until your child is older and more experienced for hand brakes.
- Buy your child a bike that is the right size, not one your child has to "grow into." Oversized bikes are especially dangerous.
- Bikers of all ages need to wear a helmet on every bike ride, no matter how short or how close to home. Many accidents happen in driveways, on sidewalks, and on bike paths, not just on streets. Your children learn best by observing you—whenever you ride your bike, put on your helmet.
- When purchasing a helmet, look for a label or sticker that says the helmet meets the CPSC safety standard.
- A helmet should be worn so that it is level on the head, not tipped forward or backward. The strap should be securely fastened, and you should not be able to move the helmet in any direction. If needed, the helmet's sizing pads can help improve the fit.

Source: American Academy of Pediatrics
www.aap.org/family/bicycle.htm

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Inclusion of organizations and businesses in this booklet does not constitute an endorsement by UWEX or by the Community Wellness Partnership. Please call contact numbers to verify times and prices of activities as they are subject to change without notice.

For county maps contact Marinette County Parks Dept. (715) 732-7530—www.marinettecounty.com or Oconto County Parks Dept. (888) 626-6862—www.ocontocounty.org

Our thanks to Jennifer Madden for researching and compiling this booklet.



Why Get Active?

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.

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.



Ride Your Bike

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 and fit.

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, Marinette & Oconto counties have miles of scenic country roads and marked bike paths and trails. 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 (more than 1 year old).

If you enjoy companionship on your rides, you can join a bike club and plan group rides on weekends.

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!

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.

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.

The more you walk, the better you will feel. For more information about walking, go to <http://walking.about.com> or visit your local library.

Play it Safe

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
- Are over 50 years of age and are not used to a lot of physical activity

When you walk, hike, skate or bike outdoors...

- Plan your activity in the daytime or at night in well-lit 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 aware of hunting seasons in wildlife areas. **Wear ORANGE!!**



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.

Revving Up You and Your Child's Daily Routine

You can get health benefits from only 30 to 60 minutes of vigorous physical activity five days a week. You can do one activity continuously—for example, walking from 3 to 4 pm. Or you can do several activities in a day—for example, walking 15 minutes at 6:30 am, 30 minutes at noon, and 15 minutes at 8 pm. Physically active children are healthier, happier and do better in school. Kids need 60 minutes of activity a day. Here are ways to get more active:

At Home:

- Vacuum, dust, and sweep at a brisk pace.
- Hide the TV remote.
- Exercise to earn TV time.
- Limit TV time (no more than 2 hours a day and no TV for children under the age of 2.)
- Plant a garden.
- Rake leaves/shovel snow.
- Support each other and be role models.
- March during commercials.

Community:

- Take parking spaces furthest away.
- Use the stairs.
- Walk during lunch hour.
- Take stretch breaks at work.
- Walk/bike when possible to school, grocery store or running short errands.

LOCAL FARMER'S MARKET

Marinette: The Main Street (Farmer's) Market is held Tuesday, Fridays and Saturdays throughout the growing season, starting at 7:00 a.m. Location: Merchants' Park, located on the corner of Main and Wells St. in downtown Marinette. For info call 715-732-5120.

Oconto: Call 920-834-3846 for info.

Oconto Falls: Downtown Oconto Falls, Saturdays in season from 8:00 a.m. to Noon with daily vendors-when available-from 8:00 a.m. to 5:00 p.m. Those with questions can contact: Austin Caves at 920-848-2345.

Gillett: Fridays 1:00 p.m. to 6:00 p.m. June 10-Oct. 14. Zippel (St. Hwy.22), Gillett. Call Revitalize Gillett at 920-855-1414 for more information.

VEGGIE & BERRY PICKING

Bergeson Vegetable Farm: N3166 Jandt Rd., Peshtigo. 715-789-2664

Maple Valley Orchards & Nursery: 11541 Claywood Rd., Gillett. 920-842-2904

Berryland: 5810 Heimke Lane, Abrams. 920-826-7297

C R Berries: 12978 Wendt Rd., Suring. 920-842-2728
Info available on line at:
<http://www.uwex.edu/ces/cty/marinette>

Eat right.

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

- At least 3 ounces of whole-grain bread, cereal, pasta or rice
- 2½-3 cups of vegetables
- 2 cups of fruit
- 3 cups of low-fat milk or yogurt
- 5-6 ounces of lean meat or beans

For more information on good nutrition, visit www.MyPyramid.gov



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 bubbles 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 games from your own childhood, check out page 12 in this booklet or check out a book on kids' games from your local library.

Park & Recreation numbers—

Marinette Civic Center — (715) 732-5222
Marinette County — (715) 732-7530
City of Peshtigo — (715) 582-3041
City of Oconto — (920) 834-7706
City of Oconto Falls — (920) 604-0017
Oconto County — (920) 834-6995





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—**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.



Too tired? Here's how to get the 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 relieve 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.

AREA SCHOOLS—FOR INDOOR WALKING, JOGGING OR WEIGHTLIFTING

****PLEASE CALL FOR PROGRAM
AVAILABILITY**

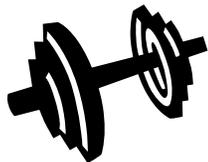
MARINETTE

Beecher-Dunbar-Pembine—715-324-5314
Coleman—920-897-4011
Crivitz—715-854-2721
Marinette—715-735-1406
Peshtigo—715-582-3677
Wausaukee—715-856-5153



OCONTO

Abrams—920-826-5819
Gillett—920-855-2137
Lena—920-829-5703
Oconto—920-834-7800
Oconto Falls—920-848-4471
Pulaski—920-822-6051
Suring—920-842-2178
Wabeno—715-473-2592
White Lake—715-822-8421



- 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. Walk to a Farmer's Market.

Play!

- If you have a backyard, play family games of tag, hide-and-go-seek, badminton, tetherball, 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, hoola hoops, hackey sack, tricycles, bikes, dance CDs, scooters, skates, 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, or horseback riding. Create memorable experiences for your children and their friends.
- Be a role model to your children. If you enjoy physical activity, they will too.



Hiking & XCountry Ski Trails



Oconto County

- ◆ Machickanee XCountry Ski Trail
- ◆ Lakewood XCountry Ski Trail
- ◆ Lena/Gillett/Suring School Forest Trails
- ◆ Oconto Elementary School Fitness Trail
- ◆ Gillett Walking Path—Zippel Park
- ◆ Suring River Trail
- ◆ Stiles—Pioneer Park Rd.
- ◆ Chute Pond
- ◆ Copper Culture State Park

Marinette County

- ◆ Peshtigo River Walking Trail (Goodman Park)
- ◆ Thunder Mountain Overlook
- ◆ Lake Mary Trails
- ◆ Lake Noquebay Trails
- ◆ Long Slide Walking Trail
- ◆ Morgan Park Scenic Walking Trail
- ◆ Seagull Bar—Red Arrow Park
- ◆ Menekaunee Harbor Walkway
- ◆ Hemlock Curve Nature Trail—Peshtigo Harbor Wildlife Area (Harbor Rd. to Badger Rd.)
- ◆ Cougar Den Nature Trail—Coleman School
- ◆ Seymour Rapids System
- ◆ Peshtigo River State Forest
- ◆ Kirby Hills System
- ◆ Woods Road Ski Trail (Harbor to Hale School)
- ◆ Harmony Arboretum Hardwood Trails

Get Active Even When the Weather Doesn't Cooperate

If you're short on time and money, and it's too cold, hot or rainy to take a walk outside, you can create your own private aerobics class in your living room with a "workout" video or DVD. All you need is a TV, a VCR or DVD player, a small area of wood or carpeted floor, and a pair of gym shoes.



Borrow a few exercise videos from your local library and preview them: Do you like the instructor's style and personality? Do you like the music? Does the video explain how to perform each exercise safely? Does it include a warm-up, stretching session and cool-down? Can you imagine yourself doing the exercises on a regular basis? You may have to preview three or four exercise videos to find one you would like to purchase.



GARDENING



Master Gardener Volunteer
Training Program—UWEX
Community Garden—Oconto Elementary School
Faith Baptist Church—Peshtigo (rent a garden
plot) (715) 582-3655

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 (or large container), 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.

General Etiquette for all Trail Users

1. Treat all trail users with respect and courtesy regardless of their sport, speed or skill level.
2. Protect our environment. Stay on the trail. Do not cut switchbacks or use shortcuts.
3. Stay to the right and pass on the left. Always look before changing positions on the trail.
4. Share the trail, watch and listen for others.
5. Learn and use appropriate hand signals. Motorized users often cannot hear voice signals.
6. Respect trail closures; use only trails posted open. Obey posted signs.
7. Carry out all litter, including your pet's waste.
8. All users yield to horseback riders.
9. When encountering a horse, speak in a calm, pleasant tone so the horse hears a human voice. Do not hide.
10. The rider knows the horse the best. Expect the rider to advise you, not as a lack of courtesy, but rather with knowledge of the horse's temperament.
11. Downhill traffic yields to uphill traffic and slower riders yield to faster riders.
12. Do not approach, scare, harass or feed wildlife or livestock.
13. Respect private property and the privacy of people living along the trail.
14. Dogs are a potential fright for both people and horses. Pets must be kept on leashes (less than eight feet in length) and under control.
15. Leave flowers and plants for others to enjoy. Do not pull bark off or cut or otherwise damage live trees.
16. Practice low-impact trails use. Wet and muddy trails are more vulnerable to damage. When trail is soft, consider other options.
17. Travel at a safe and controlled speed. Be especially careful when visibility is limited.

Nature Centers and Parks

Marinette

Bloch Oxbow State Natural Area

Directions: From the intersection of Hwy. 41 and Cty. B in Peshtigo, go south 1.3 miles on Cty. B to Cty. BB and then 2.8 miles to a parking area east of the road. The best pines are east of BB.

Governor Thompson State Park

Directions: Located about 15 miles northwest of Crivitz via Cty. A to Cty. X to the High Falls Reservoir bridge. Cross the bridge, then north on Parkway Rd., west on Ranch Rd., and north to Paust Ln. to the Park.

Harmony Arboretum

This 468 acre former county farm has been developed into a conservation and horticulture education and demonstration area. In the Arboretum is a majestic hardwood forest, winding walking trails, a demonstration prairie and vegetable and flowers gardens. It is always open to the public and it is free. Directions: Harmony is located 7 miles west of Marinette on Hwy. 64, then 1/2 mile south on Cty. E.

Peshtigo Harbor Unit—Green Bay West Shore State Wildlife Area

Directions: Located 5 miles southeast of Peshtigo. South of the Peshtigo River, take Hale Rd. to Harbor Rd. to the area. North of the river take Cty. B to Cty. BB



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.

OCONTO COUNTY

- ◆ Holtwood Park Pool—McDonald St. - Oconto
- ◆ Ageson Pool—Holtwood Way (920) 834-7733
- ◆ Oconto Falls Eastside Beach
- ◆ Oconto Falls Westside Beach
- ◆ Holt Park—Kelly Lake
- ◆ White Potato Lake Beach
- ◆ Ranch Lake Beach
- ◆ Bass Lake
- ◆ Oconto City Park

MARINETTE COUNTY

- ◆ Marinette Civic Center Pool (715)732-5222
- ◆ Red Arrow Park—Marinette
- ◆ Badger Park—Peshtigo
- ◆ Lake Noquebay



JOIN A 4-H CLUB



What is 4-H?

4-H is a volunteer-led organization that reaches boys and girls through small groups called clubs and sometimes in classrooms. 4-H members decide for themselves which projects they want to learn more about. Most projects use hands-on learning experiences to teach subject matter and life skills.

Who can join 4-H?

4-H is open to any youth within the grades of 1-13 (one year out of high school).

Who provides leadership for 4-H?

4-H is sponsored in Wisconsin by the Cooperative Extension Service of University of Wisconsin-Extension. Nationally, it is a part of the U.S. Dept. of Agriculture. Local leadership is provided by 4-H youth development educators in the county offices of the Cooperative Extension Service.

What do the “H’s” stand for?

The four “H’s” stand for “Head, Heart, Hands and Health.” And here is the 4-H pledge: I pledge...My head to clearer thinking...My heart to greater loyalty...My hands to larger service...My health to better living...For my club, my community, my country and my world.

How do I join 4-H?

Call your county UW-Extension office or a local 4-H leader. The Extension office can tell you what projects and activities are available. In Marinette County call (715)732-7510 and In Oconto County call (920)834-6845.

(Marinette continued)

Seagull Bar State Natural Area

Directions: Via Leonard St. in the southeastern corner of the city of Marinette, drive to Red Arrow Park on the shore of Green Bay. Walk southeast into the natural area. The park’s boat launch affords water access.

Oconto

Machickanee Unit—Oconto County Forest

Directions: North of the Oconto River, drive east on Cty. I (Stiles’s Rd.); south of the river use Konitzer Rd. and Timberline Rd.

Oconto Harbor, Oconto Marsh & Rush Point—Green Bay West Shores State Wildlife Area (920) 834-7732

Directions: From downtown Oconto, follow Cty. Y east. Turn right onto Harbor Road and follow .25 mile to the breakwater. Follow Cty. Y north to reach the Oconto Marsh and Rush Point properties.

Pensaukee Unit—Green Bay West Shores State Wildlife Area

Directions: Located 1 mile south of Pensaukee on Cty. S.

Peshtigo Brook State Wildlife Area

Directions: From Hwy. 141 north of Pound, travel west 10 miles on Hwy. 64 to the property which is south of highway.

Snow Falls Creek State Natural Area

Directions: From Lakewood, drive east and north 3 miles on Cty. F, then east .3 mile on Smyth Rd., then south 2.3 miles on Sullivan Springs Rd. (FR2330), then drive or walk southwest 1.4 miles on FR2944 to the Snow Falls Creek crossing. Follow the creek south into the site.

Little Suamico Recreation Park

Located at 1017 County J. It's approximately 15 acres and there are softball/baseball diamonds and newly installed playground equipment for the kids. The Town of Little Suamico owns the park. There are plans in the future to create a walking trail.



OUTDOOR GAME IDEAS



Frozen/Statue Tag —

One person is “it” and tags another person who becomes frozen in the position that they were when tagged. In order to become unfrozen someone not “it” must either crawl between your legs or tag you. The game ends when everyone is frozen. The last person frozen is the next “it”.

Kick The Can —

One person is “it” and everyone else hides behind a building. The person who is “it” guards a can (or soft object). “It” tries to sneak around the building, when “it” sees someone “it” calls out their name and they both race back to the can. If “it” gets back to the can first then the other person sits out of the game. If the person whose name was called kicks the can first - everyone who is out of the game is now back in the game and free to hide behind the building again. The last person out of the game is the next “it”.

Flashlight Tag —

One person is “it” and has a flashlight (which stays on at all times). A safe base is chosen. The person who is “it” waits on the base and counts to 50 while everyone hides. The “it” person tries to find the hidiers and shine the light them, calling out their name, before they can run back to the safe base. Each tagged player is sent to the base until the very last player is caught. The last person tagged is “it” for the next game.