

# Snowshoe Events

Winter in Jackson County is perfect for strapping on a pair of snowshoes and exploring the beautiful outdoors. Jackson In Action promotes snowshoeing through several programs and events:

## Winter Wonderland Triple Snowshoe Challenge



Snowshoe hiking courses are marked at local parks on three separate weekends during the winter.

## Jackson County Winter Fest at Skyline



A candlelight snowshoe hike, sledding, hot chocolate, smores, and fun! Held annually in February.

## Snowshoe Checkout Program



Free snowshoe checkout program at the Lunda Community Center. Open to all residents during the snowy months.



Jackson In Action is a designated Wisconsin Active Together Community, which recognizes communities that have worked to make it easier for their residents to walk, bike and be active and have made a commitment to continue that work.

## Partner Organizations

Black River Memorial Hospital  
Boys & Girls Club - Lunda Center  
City of Black River Falls Parks and Rec  
Ho-Chunk Nation  
Interfaith Volunteers  
Jackson County Forestry and Parks  
Jackson County Public Health  
KC Fitness  
Lunda Community Center  
Melrose-Mindoro Area School District  
School District of Alma Center-Humbird-Merrillan  
School District of Black River Falls  
Together for Jackson County Kids  
UW-Extension - Jackson County



421 County Rd R  
Black River Falls, WI 54615  
715-284-4301  
[www.JacksonInAction.org](http://www.JacksonInAction.org)  
[jacksoninaction12@gmail.com](mailto:jacksoninaction12@gmail.com)



Promoting healthy eating and active living in Jackson County

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# Spring Events



Laces to Leaders is a youth program that focuses on building self-confidence while training for a 5k run. The goal of this program is to teach youth to make healthy lifestyle choices and to empower them to set and achieve powerful goals.



The Pace and Pedal is a family-friendly event held annually in May at Wazee Lake Recreation Area. It includes a run/bike duathlon, a 5k color fun run/walk, and a youth color fun run.

## Mission Statement

Jackson In Action is a community coalition that promotes healthy lifestyles for children, their families, and the greater community.




Harvest of the Month is a national movement that highlights a different fruit or vegetable each month. Coalition members provide education at school and community events, and through various media platforms.




In addition, our partners at the Ho-Chunk Nation highlight traditional indigenous foods each month with the Indigenous Harvest of the Month. Healthy is a Ho-Chunk Tradition!

## Additional Nutrition Events

### Jackson County Farmers Market

 Fun activities and easy, nutritious food samples each week at the summer market.

### Community Nutrition Challenges

 Family-friendly nutrition challenges with prizes, for all Jackson County residents.

# Fall Events



The Fall Hike series includes marked hiking courses at local parks to encourage residents to explore Jackson County. Hiking for Fitness is an outdoor fitness class that explores different parks and trails each week during the fall.



Our annual Thanksgiving morning 5K walk/run combines fitness with the Gobbler Giveback tradition of collecting donations for local non-profit organizations. It is held annually on the Black River Falls Foundation Trail.