



*the*

**PERFECT**

*day*



EMBRACE MADISON!

WHAT'S BETTER THAN SUMMER IN OUR FAIR CITY?  
SHOP. EAT. GET ACTIVE OR GO ARTY WITH THESE  
READY-MADE WAYS TO SPEND THE DAY.



# GET OUT + ABOUT!

BY EMILY LEAS



## PADDLE THE BIG LAKE

Paddle enthusiasts now have a "big lake" option for rentals in Madison thanks to Tyler Leeper and the crew at the new **Marshall Boats** on Madison's West Side. Familiar with the calm waters of Wingra Lake and Monona Bay at Leeper's other two locations, Wingra Boats and Brittingham Boats? Then get ready for a workout on Lake Mendota at Marshall and the beaches along the south edge of the lake, Picnic Point or even Pheasant Branch Creek. [madisonboats.com](http://madisonboats.com).

## A MONDAY ESCAPE AROUND THE LAKE

The late-August sun bounces off bicycles scattered in the grassy knoll at the intersection of South Fair Oaks Avenue and the Capitol City Trail, their owners chatting casually, waiting to start their ride. Young and old, men and women, hybrids, 10-speeds and road bikes are all represented. This is **Mondays around Monona**, a casual group ride every Monday at 6 p.m. that follows the Lake Loop bike route. India Viola, co-founder of We are All Mechanics, and a founding member of the cycling advocacy group Madison Bikes, leads the group late-August through September.

Her favorite spot on the ride? The pedestrian/bike bridge at Jenifer Street over the Yahara River. "I always take a moment to pause on the middle of the bridge, smile, look left and say, 'beautiful,' and look right and say, 'beautiful'." There is something magical about that spot," says Viola. The ride wraps up with dinner at an East Side pub to keep the relaxing cycling vibes going. [weareallmechanics.com/upcoming-events/](http://weareallmechanics.com/upcoming-events/).



## NEIGHBORHOOD FARMERS' MARKETS

Break the Saturday routine and try the **Far East Side Capitol View market** Wednesday evenings with a full lineup of bands and food carts and a view of downtown, or the **Monroe Street market** on Sundays for unique vendors like Tortillas Los Angeles and Wm. Chocolate. [monroestreetfarmersmarket.org](http://monroestreetfarmersmarket.org). [capitalviewfarmersmarket.com](http://capitalviewfarmersmarket.com).



## CHILL WITH THE RADICALS

With a home arena of historic Breese Stevens field and a home-game winning streak since May 2013, the **Madison Radicals** truly represent unsung professional sports in Mad-town. Tim Debyt, co-owner and coach, describes the family-friendly Ultimate Frisbee game atmosphere as a "great combination of action and community." Throw in Salvatore's pizza, local craft beer and the high-flying nature of Ultimate, and you'll see why the Radicals averaged the most fans in the American Ultimate Disc League 2016 season. [radicalsultimate.com](http://radicalsultimate.com).

MAP COURTESY UW ARBORETUM

## SKIP THE PAVEMENT-HIT THE TRAILS

Local trail running expert Jeff Durbin recommends parking in the UW Arboretum's Wingra Springs Lot then exploring **Gallistel and Wingra Woods trails** and skirting down to the shade and quiet of the Lost City Forest, named for a failed 1920s housing development. Download a trail map at [arboretum.wisc.edu](http://arboretum.wisc.edu) or join Durbin for a Sunday group run through the Arb. [berkeleyrunningcompany.com](http://berkeleyrunningcompany.com). See more on the Arboretum on P. 39.