



# ACTIVE

SOUTHERN WEST VIRGINIA

# 2019

# KIDS RUN CLUBS

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# KIDS RUN CLUBS

## 2019 SUMMARY

2019 was a great year for the Kids Run Club program! We had 26 total clubs, 170 volunteers, and 1648 kids participating in the fall and spring seasons combined.

The **Active SWV Kids Run Club program** is a school based initiative designed to teach kids running basics, teamwork skills, and healthy habits for life all while they build their confidence in physical activity. Since beginning with one pilot club in 2015, the program has grown to reach thousands of kids each year in our service region throughout Raleigh, Summers, Nicholas, and Fayette counties.

**19 KIDS**  
**2 COACHES**

**HINTON AREA  
ELEMENTARY**

## SUMMERS COUNTY

## RALEIGH COUNTY

**962 KIDS**  
**90 COACHES**

**BRADLEY, COAL CITY, CRANBERRY-PROSPERITY,  
CRESCENT, DANIELS, FAIRDALE, GHENT,  
HOLLYWOOD, MABSCOTT, MARSH FORK,  
SHADY SPRING, STANAFORD, STRATTON, REACH  
HOME SCHOOL GROUP**

**FAYETTEVILLE, VALLEY,  
SALS BEARDS FORK**

**516 KIDS**  
**61 COACHES**

## FAYETTE COUNTY

## NICHOLAS COUNTY

**151 KIDS**  
**17 COACHES**

**BIRCH RIVER, GLADE CREEK, MOUNT  
LOOKOUT, MOUNT NEBO, PANTHER CREEK,  
SUMMERSVILLE, ZELA**

## ACTIVE KIDS RUN CLUBS 2019

SOUTHERN WEST VIRGINIA

	SPRING 2019			FALL 2019		
	KIDS	COACHES	SEASONS	KIDS	COACHES	SEASONS
<b>Fayette County</b>						
Fayetteville Elementary	40	5	2	-	-	-
SALS Beards Fork	20	4	new	-	-	-
Valley Elementary	91	8	8	-	-	-
<b>Nicholas County</b>						
Birch River Elementary	64	6	5	41	6	6
Glade Creek Elementary	-	-	-	44	7	2
Mount Nebo Elementary	16	4	2	-	-	-
Mount Lookout Elementary	25	4	new	15	1	2
Panther Creek Elementary	-	-	-	100	17	5
Summersville Elementary	100	10	7	-	-	-
Zela Elementary	47	5	4	65	2	5
<b>Raleigh County</b>						
Cranberry-Prosperity Elementary	-	-	-	18	2	2
Crescent Elementary	28	7	new	-	-	-
Coal City Elementary	70	7	4	95	9	5
Daniels Elementary	-	-	-	60	4	2
Ghent Elementary	-	-	-	52	5	3
Mabscott Elementary	48	5	3	-	-	-
Marsh Fork Elementary	25	2	6	25	2	7
Mount Hope Christian Academy	-	-	-	50	2	4
REACH Home-school	14	4	2	-	-	-
Stanaford Elementary	32	4	2	34	2	3
Shady Spring Elementary	68	8	2	-	-	-
Stratton Elementary	23	2	new	-	-	-
Fairdale Elementary	81	10	4	90	8	5
Hollywood Elementary	44	3	new	-	-	-
Bradley Elementary	40	1	2	65	7	3
<b>Summers County</b>						
Hinton Area Elementary	-	-	-	19	2	3

# KIDS RUN CLUBS

## 2019 COACHES



**Cranberry-Prosperity:** Stacy Stump, Peggy Dickens  
**Crescent:** Amanda Baker, Jade Legg, Sherae Murphy, Leann Umberger, Melissa Barnes, Britteny Thomas, Kelli McGrady  
**Coal City:** Natasha Cook, Margret Perdue, Lavonne Booth, Eric Britt, Melinda Price, Haley Glover, Kristen McBride, Laurel Smith, Bev Castanon, Taylor Muscari, Leanne Sharpe, Alyson Cook, Kasarah Stover, Nikki Hughart  
**Daniels:** Alyce Almond, Linda Bunce, Devin Graham, Amber Smith  
**Ghent:** Shawna Hale, Becky Fraley, Dani Calloway, Lisa Hatcher, Shelly Aurednik  
**Mabscott:** Cali Evans, Rebecca O'Neal, Cameron Shannon, Lyndsey Hudgins, Mrs. Clark  
**Marsh Fork:** Kelli Martin, Kim Cantley  
**Mt. Hope Christian:** Aimee Hrabosky, Tracie Kinley-Canady  
**REACH:** Matt Huffman, Christy Huffman, Tim Wise, Daniel Akers  
**Stanaford:** Erin Kneeland, Melanie Allen, Michele Blankenship, Melissa Campbell  
**Shady Spring:** Faith Liskiewicz, Bonniejean Alexander, Naomi Cook, Casey Tolliver, Brandi Roberts, Christy Meador, Chessie Collins, Jo Scott, Linda Boyd  
**Stratton:** Jennifer Wooton, Kelvin Panell  
**Fairdale:** Staci Stover, Ramona Hartshorn, David Welch, Crystal Welch, Tara Grubb, Danielle Lambert, Rachael Lafferty, April Hood, Lindsay Acord, Kim Hawley, Rhonda Toney, Kayla Campbell, Shana Alderman, Tara Vass  
**Hollywood:** Kathy Daniel, Nathan Calvert, Rachel Weis  
**Bradley:** Scott Farr, Sarah Breeden, Jessica Huffman, Janice Stover, Susan England, Stephanie Williams, Julie Breeden

# THANK YOU!

to all our 2019 Kids Run Club coaches! The program truly would not be possible without all the volunteers who give their time. Some Coaches have seasons or even years of service under their belt, and some volunteered for the first time in 2019. Active SWV appreciates every volunteer and any time they are able to give to the Kids Run Club program!

**Hinton Area:** Candice Helms, Anyssa Blaylock

**Fayetteville:** Hilary Nicolau, Stacy Harrison, Sarah Coffey, Nathan Fell, Brittany Chaber  
**Valley:** Alexis Virtue, Amy Whittington, Tia Coleman, Cooper, Carver, Allen Null, Christina Francis, Anthony Jackson  
**SALS Beards Fork:** Latoya Ray, Artie Mullins, Kenna Bass, Jada Smith

**Birch River:** Leigh Sisson, Linda Coulter, Charlie Rose, Cody Murphy, Vicki Spencer, Virginia Kirby  
**Glade Creek:** Tanya Martin, Delia Tinney, Briana Waters, Jerry Skidmore, Madison Cole, Kelly Martin, Trish Postalwait  
**Mount Nebo:** Michelle Anderson, Glen Tyree  
**Mount Lookout:** Carrie Ciliberti  
**Panther Creek:** Dustin Wood, Patsy Rapp, Niki Swiger, Theresa Dennison, Sabine Gilman, Jessica Shafer, Robin Mourey, Tiffany Garrett, Christa Cartwright, Jennifer Jones, Angie Groves, Toni Frame, Becky Johnson, Bonnie Ritchie, Jennifer Gillespie, Jennifer Nicholas, Kristin Bailes  
**Summersville:** Dee Dee Wisniewski, Erin Thomas, Whitney Deaton, Shannon LeRosa, Shandi Hypes, Michelle Hicks, Martha Roop, Julie Blankenship, Kelly Aldridge, Donna Dever  
**Zela:** Brandi Brown, Jeremy Wood, Courtney Wood, Catherine Hanks, Miranda Hughart, Kayla Legg

# KIDS RUN CLUBS

## 2019 STORIES AND HIGHLIGHTS

Some exciting things happened in 2019, including 43 new coaches joining the program. We wanted to take the next couple of pages to highlight some new coaches and tell some success stories from the past year.

### NEW KIDS RUN CLUB COACHES:

#### Stacy Stump, Cranberry-Prosperity Elementary

Kids Run Club Coaches have all sorts of reasons for volunteering their time with the program. Stacy Stump at Cranberry - Prosperity had kids who wanted to participate, so she stepped up and got the club going again. 'I had selfish reasons [for re-starting the club]', she says. 'I wanted my own children to be able to participate, and since no other sponsors were available, I stepped in'. Cranberry's Kids Run Club had an awesome season with about 18 kids running regularly. For their end of season Fun Run celebration, Stacy and the kids decided to do a Harry Potter themed obstacle course.



#### Alyce Almond, Daniels Elementary

Alyce Almond is a first season Kids Run Club coach who started the club at Daniels Elementary to get more involved at her child's school. 'I like that all children have an opportunity to participate without being based on an economic factor', she says. 'I also love that running doesn't require special athletic ability... not everyone can be the "star player", but everyone can try their hardest at walking/running and consistently getting better!' Alyce also helped implement Active SWV's Workplace Wellness program in her office, and most recently secured space and equipment for an onsite fitness center for employees and their families to use.

#### Kathy Daniel, Hollywood Elementary

PE teacher at Hollywood Elementary Kathy Daniel started the Kids Run Club at her school to provide her students with another opportunity to be active. Kathy and fellow Coaches Rachel Weis and Nathan Calvert offered the run club multiple times per week both before and after school, letting kids choose which time worked best for them to attend. Kids warmed up and cooled down in the gym, and in between did their practice laps around the field outside. Kathy also encouraged her students to come out for a rainy day 1 mile Kids Dash at Active SWV's annual Regional Fun Run event to prepare for their own school Fun Run.



# KIDS RUN CLUBS

## 2019 STORIES AND HIGHLIGHTS



### ACTIVE SWV'S FIRST KIDS HIKING CLUB

This year, Mount Lookout Elementary PE teacher Carrie Ciliberti started the first ever Active SWV Kids Hiking Club at her school. She was inspired to start the club when she saw how much fun her students were having on the trails by Summersville Lake at the Nicholas County 5th Grade Fun Run and Nutrition Fair. Many kids had never been on the trails in the area, and Carrie wanted to expose them to all the amazing places they have available so close to home.

In 2019, Carrie and the Mount Lookout kids and parents were able to explore the Hawk's Nest Rail trail, Meadow River Rail Trail, Endless Wall Trail, Long Point Trail in Fayetteville, Long Point Trail in Summersville, and some of the Summersville Lake Battle Run trails. In 2020, Active SWV hopes to get more Kids Hiking Clubs started in our region!



### FLOODLIGHT INSTALLED AT ZELA ELEMENTARY TRACK

The Zela Elementary Kids Run Club practices in the mornings before the school day begins. In the fall, it's often still dark outside at 7am when practices start. Thanks to funds from the Nicholas County School Board, the United Way of Southern West Virginia, the Active SWV Family Triathlon, and Bill Massey, this past fall Active SWV was able to partner with Zela Elementary's Principal James Marsh and install a floodlight to illuminate the track on dark mornings. It was important to Mr. Marsh to complete the project before the fall Kids Run Club season began so that kids could start off Run Club in a well lit area.



# KIDS RUN CLUBS

## 2019 SURVEY DATA



At the beginning and the end of each Kids Run Club season, the youth participants fill out a pre and post survey about their experience. The collective survey data is analyzed at the WVU School of Public Health to determine what changes occurred for each child during their time with the Kids Run Club. Here is a summary of the combined 2019 spring and fall session results, based on responses from 467 children. (\* indicates statistical significance)

## PHYSICAL ACTIVITY

- By the end of the program, the average days per week that participants got at least 60 mins of Physical activity (PA) a day increased from 5.0674 days to 5.2091 days.
- \*The percentage of children who had never participated in a Kids Run Club before and achieved the recommended 60 mins of PA 7 days a week increased from 29% to 38.6%.
- \*The percentage of participants that achieved the recommended 60 mins of PA a day 7 days a week increased from 29.5% to 35.9%

## SCREEN TIME

- \*By the end of the program, participants' average daily screen time decreased from 3.65 hours a day to 3.3 hours a day, which equals about 22 minutes.
- \*For children who had participated in a Kids Run Club before, the percentage who met the recommended daily 2 or fewer hours of screen time increased from 38.5% up to 45.7% of kids
- \*From the beginning of the program to the end, the percentage of participants who met the recommended 2 hours or less of screen-time per day increased from 43.3% to 49.7%

## ADDITIONAL FINDINGS

- At the end of the program, 66.2% of participants said they could definitely be active for the recommended 60 minutes a day, compared with only 60.6% who expressed that at the start of the program.
- 70.1% of kids indicated that since participating in a 2019 Kids Run Club, they had gotten a friend or family member to increase their physical activity as well.



# KIDS RUN CLUBS

## PROGRAM EXPANSION IN 2020

In 2020, Active SWV would like to expand the Kids Run Club program to reach more children and communities in every corner of our footprint. Take a look at the information below if you're curious about volunteering with the program, or starting a Kids Run Club of your own.

### ADVICE FROM KIDS RUN CLUB COACHES:

*What thoughts or advice would you share with Kids Run Club volunteers starting their first season?*

**'It is wonderful I really enjoyed it alot and plan to keep helping with it.'**

'Relax! As long as you are having fun, the kids are having fun. It doesn't have to be a perfectly structured/planned out meet/event for it to be successful!'

**'Have patience and it will all work out, and enjoy!'**

'Make sure you have volunteers set up to help. If you don't know something, reach out to India. She was very supportive with whatever we needed.'

**'Get as many volunteers as possible'**

'Keep your head up, you will learn more and more every year!!!!'

**'I would say to start out small with a couple grade levels to learn the management and logistics of the club. Have fun and use the suggested activities that are provided.'**

'Don't give up. It becomes easier as you go'

**'Make sure to meet with the school and volunteers before the first practice to ensure you have enough people on board'**

### KIDS RUN CLUB PROGRAM FAQs:

**1 I'm not a runner and I've never coached before - can I still volunteer?**

Absolutely! No prior experience is necessary to be a successful Kids Run Club coach. Running is not required, and Active SWV provides all coaches with a free manual and training prior to the season start.

**2 Does the school PE teacher need to be involved?** No, they do not need to be involved with the Kids Run Club! Although Active SWV encourages all staff and parents to volunteer, it's not necessary to have a PE teacher involved for a club to be successful.

**3 How does a Kids Run Club usually get started?** Typically a club will start through an interested principal, parent, or teacher. An active SWV staff member will meet with the interested party to discuss the best way to move forward with the space and resources available. Active SWV also trains all volunteers, equips them with a resource rich coaches manual, and provides a waiver for children to return before the season starts.

### ARE YOU INTERESTED IN STARTING A KIDS RUN CLUB?



Active SWV has more resources available online. For more information, visit:

**[activeswv.org/programs/activeswv-kids/](https://activeswv.org/programs/activeswv-kids/)**

or email

Kids Run Club Director  
India Tarleton Krawczyk at:

**[india@activeswv.com](mailto:india@activeswv.com)**

# ACTIVE

## SOUTHERN WEST VIRGINIA

**'I love being able to show the children in my community how to be active and have fun!' - Alyce Almond, Daniels Elementary parent and coach**

*"The kids enjoy the club, and I believe it is great for their physical AND mental health" - Bev Castanon, Coal City Elementary teacher and coach*

**'Not all students are able to participate in sports, mainly due to the cost. Run Club is completely free; our students LOVE and enjoy being a part of everything that ACTIVE of Southern WV provides.' - Staci Stover, Fairdale Elementary parent, teacher, and coach**

*'I'm grateful for the opportunity to help the kids in our community' - Stacy Stump, Cranberry-Prosperity Elementary parent, teacher, and coach*

**'Run Club has been an amazing resource for our students. Many students that have not focused on being active have really thrived in becoming more active. We have many that have developed a love for running because of this program.' - Margret Perdue, Coal City Elementary parent, teacher, and coach**

*'Cant wait till spring to do this all over again, it was such a blessing to spend time with the little ones.' - Fairdale Elementary volunteer coach*

**'I love getting kids of all ages interested in activities like running that they can do for the rest of their lives, and I also like the community it creates for the kids.' - Aimee Hrabosky, Mt, Hope Christian Academy parent, teacher, and coach**

*'I loved [it]. I really enjoyed the games that we played and loved getting more active not only the kids but also myself. I cant wait to help again.' - Coal City Elementary volunteer coach*

### CONTACT US:

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<https://activeswv.org/>

<https://www.facebook.com/ActiveSWV/>

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