

You are receiving this email because you have expressed an interest in Active Southern WV. Please forward this to anyone ready for an active lifestyle.

You may [unsubscribe](#) if you no longer wish to receive our emails.

ACTIVE

SOUTHERN WEST VIRGINIA

A nonprofit promoting public health for the residents of southern West Virginia by offering an ecosystem of activities led by trained leaders from within the communities they serve.

[Donate](#)



Active SWV State Park Tour 2018

First Sunday of the Month Hikes

Active Southern West Virginia is proud to announce a new partnership with West Virginia State

Parks in our region. We have been working hard to bring variety into our programming and explore new areas for safe group activities. Active SWV will be hosting First Sunday Hikes led by [Community Captain](#) Levi Moore at participating WV State Parks in Nicholas, Fayette, Raleigh, and Summers counties.

Scheduled First Sunday Dates

April 1st: Pipestem Resort State Park

May 6th: Babcock State Park

June 3rd: Bluestone State Park

July 1st: Camifex Ferry Battlefield State Park

August 5th: Pipestem Resort State Park

September 2nd: Babcock State Park

October 7th: Camifex Ferry Battlefield State Park

November 4th: Bluestone State Park

[Join the Active SWV State Parks Tour FaceBook Page for more information](#)



April Community Captain Programs

Can you start a Walking Group?

Active SWV Community Captains lead weekly free programs throughout communities in Nicholas, Fayette, Raleigh, and Summers counties.

- **Monday:** Ansted Indoor Fitness and Beckley REFIT Group Exercise
- **Tuesday:** Craigsville Indoor Walking Group, Scarbro Gentle Chair Yoga, Beckley REFIT, and Tai-Chi in Summersville
- **Wednesday:** Summersville Indoor Walking, Ansted Indoor Fitness, and Fayette County Walk in the Park

- **Thursday:** Craigsville Indoor Walking Group and Beckley REFIT Group Exercise
- **Friday:** Oak Hill Pickleball
- **Saturday:** New River Humane Society Dog Walking, Hico Walking Group: Trail to a New You, Tai Chi in Oak Hill, Refit at Faith Baptist Church in Beckley.
- **Sunday:** First Sunday of the Month Hikes with the Active SWV State Park Tour 2018

New program! Come out and join our new walking/hiking program in Fayette County, and take an Evening Stroll on the Meadow River Trail with Community Captain Richard Scott Justice. [Click here to check out the Facebook page for this event.](#)

Stay active and accountable by leading an Active SWV Walking Group. [Click here for more information about starting your hometown walking group.](#)

All programs are kept up to date at www.activeswv.org/events, but are subject to weather cancellations. Check the above calendar link before attending programs.



Get Active in the Park Powered by Community Captains

[Get Active in the Park](#) is an innovative partnership between the [National Park Service](#) and Active Southern West Virginia. Trained [Community Captains](#) deliver free, beginner-level instructional programs to the New River Gorge region. Get Active in the Park empowers our community to see outdoor spaces as a place for health and wellness to take place. This project was made possible in part by a grant from the National Park Foundation.

April 12th: [Tai Chi at Grandview Visitor Center](#)
April 14th: [Historic Rend Trail Hike](#)
April 21st: [Going the Distance 11 Mile Glade Creek Hike](#)
April 28th: [Yoga Chi at Grandview Visitor Center](#)
April 29th: [Spring South Side Stroll](#)

Connect with our Facebook page for updates; [Get Active in the Park](#).



Community Captain of the Month

Charity Wysong

Active SWV is excited to announce the Community Captain of the Month for April is Charity Wysong. Charity leads Active SWV's Walk in the Park program, a walking/hiking group at Fayette County Park every Wednesday at 10am. Charity also leads hikes in the NRG for our Get Active in the Park programs. We caught up with Charity to ask her a few questions about what motivates her to volunteer and to stay physically active.

"I just enjoy being outdoors. Being active makes the day go by faster and makes life more enjoyable. I was always physically active in my youth but went through a lazy-period in my early adult life until it finally dawned on me that I was alive but wasn't "living". Being active allows me to see so much more in life"

[Click here to read more about Charity's story](#)



Participants of the Month

Claud Hawkins

Active SWV would like to introduce Participant of the Month for April, Claude Hawkins. Claude joined Community Captains Charity Wysong and Hilarie Jones at the Walk in the Park program at Fayette Co Park. We took some time to talk with Claude about himself and why he is physically active.

"Just give it a try! I'm trying to get active you should too."

[Click here to learn more about Claude](#)



Active SWV Workplace Wellness

KVC Health Systems in Beckley, WV

The Active SWV Workplace Wellness program has expanded to KVC Health Systems in Beckley. This small staff provides family services for multiple counties and sees the value in having healthy work habits. The first action taken by the staff at KVC Health Systems was hanging motivational posters around the office. You can view, download, and hang these posters at your workplace by following the instructions; [Physical Activity Posters](#).

KVC Health Systems will be adopting additional action items this year to include; an employee pledge to supporting and participating in the program, onsite exercise equipment, a staff walking challenge, nutrition seminars, and high blood pressure management. Each year the action items will be evaluated and improved upon.

Can you start an Active SWV Walking Group at your workplace this spring?
[Read more about starting a walking group here.](#)

McManus Trail Spring Opening Day Events

COME RUN, WALK, OR RIDE!

Free Activities Planned by the
Beckley Bike/Walk Committee
powered by **ACTIVE**
SOUTHERN WEST VIRGINIA

- 10:00am - 11:00 am - Kids Bike Safety Rodeo
- 11:00am - 12:00 pm Group Bike Ride
- Trail Surveys - Complete survey and receive free McDonalds Coffee

Activities Planned by
WVU Tech Biology Clubs

- 8:00am - Color Race (fees apply)
- 9:00am - Color Fun Run / Fun Walk (fees apply)
- 10:30 am Doggie Dash (fees apply)

For more information on event registration and details
please visit: www.facebook.com/ActiveSWV/events

Saturday April, 7



McManus Rail Trail Group Ride in Beckley Bike/Walk SWV

Join Community Captain Amy Andrews for the first [Active SWV group bike ride](#) of the season. And make sure to show up early and check out the other events being organized by the City of Beckley for the [2018 Opening Day of Trails](#), sponsored by the Rails-to-Trails Conservancy, which will be celebrated by trail enthusiasts across the country. Group Ride participants will help celebrate the recent installation of public Bicycle Repair Stations along the McManus Rail Trail and at the Paul Cline Soccer Complex Trails.



The City of Beckley and WVU Tech Biology Club will be on site for a full morning of trail-related fun. The events are family-friendly and kids participating in the Bike Safety Rodeo can receive a free helmet!

Community stakeholders who may share an interest in improving the accessibility and safety of bicycle and pedestrian accommodations in their community are invited to make use of the [Active SWV How-To Guide for Bike/Walk Communities](#), which should help you identify the ways you can get started!

If you are interested in becoming involved with these efforts in any of these communities or would like to explore ways to start an effort in your community [contact Andy here](#).

ACTIVE SWV FAMILY TRIATHLON

June 2, 2018 - Summersville

- Racers can compete as an individual or as a team.
- Racers will have a 1.2 mile run, 2 mile bicycle ride, and a 1 mile paddle.
- Racers are to bring all their own equipment and the course is for ages 9+
- Register now at <https://aptiming.com/race/621>

www.activeswv.org/activeswvevents



- The only race across the New River Gorge Bridge!
- Fundraiser for the Active Southern West Virginia Kids Run Clubs
- Register now at <https://aptiming.com/race/ActiveSWV2018BridgeDay5K>

ACTIVE SWV BRIDGE DAY 5K

October 20, 2018 - Fayetteville



304-254-8488



info@activeswv.com

Signature Events

Active Southern West Virginia strives to increase the opportunity for physical activity in southern West Virginia. Two signature events have been created to provide high quality beginner races; [Active SWV Family Triathlon](#) on June 2nd and the [Active SWV Bridge Day 5K](#) on October 20th. Proceeds from both of these events go directly to free community programs. Please join us this year as a participant, volunteer, or sponsor!

[Event web pages](#)



Active SWV Kids Run Clubs

Spring Updates

The spring season of [Active Southern West Virginia Kids Run Clubs](#) has started! Active SWV Kids Run Clubs are designed to help participants develop an enjoyment and understanding of exercise, while learning healthy habits that extend beyond the program. Active SWV is excited to welcome three new schools to the Active SWV Family this spring- Glade Creek Elementary School, Shady Spring Elementary School, and the REACH Homeschool Group.

The experience of Active SWV Kids Run Clubs is positive, inclusive, and non-competitive. The program is designed to make children of all abilities feel successful in their running endeavors and to get them excited about physical activity. Active SWV Kids Run Clubs will last 6 to 8 weeks and culminate in a celebratory Fun Run.

[Click here for more information on Active SWV Kids Run Clubs](#)



Meet Active SWV Staff and Community Captains **UKV YMCA in Montgomery, WV**

The Active Southern West Virginia staff and Community Captains will be meeting with the members of the community in the Upper Kanawha Valley. Stop by the new YMCA facility to say hello and talk about Active SWV programming.

[For More Information Check out the Facebook Event page.](#)

STAY CONNECTED:

