

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.

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ACTIVE

The logo for Active Southern West Virginia features the word "ACTIVE" in large, bold, orange letters. To the right of "ACTIVE" are three horizontal green bars of varying lengths, stacked vertically. Below "ACTIVE" is the text "SOUTHERN WEST VIRGINIA" in a smaller, bold, orange font.

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](#)

June 2018 Free Programs
Community Captain Directed Physical Activity Opportunities

ACTIV JUNE 2018 PROGRAMS

SOUTHERN WEST VIRGINIA

Free Weekly Programs	Date / Time	Location
Beckley Group Bike Ride	June 4th 5pm	McMannus Trail
Summersville Tai Chi	Tuesdays 5:00pm	Memorial United Methodist Church
Beckwith Walking in the Park	Wednesdays 10am	Fayette County Park
Oak Hill Pickleball	Fridays 6pm	Brickhouse Cardio
Craigsville Walking Group	Tues/Thurs 12:30pm	Craigsville
Lansing Walk With Ease	Saturdays 12pm	Restlawn Cemetary
Scarbro Gentle Yoga	Tues (Except 3rd Tue of Month) 5:30pm	NRH Robinson Annex
Beckley Refit Dance Aerobics	Mon/Tues/Thurs 6pm	Central Headstart
Prosperity Refit Dance Aerobics	Saturday 9:30am	Faith Baptist Church
Beckley Grey Flats Hike (dog-friendly)	Fridays 8:30am	YMCA Soccer Complex
Beckley Walking Group	Saturdays 10am	YMCA Soccer Complex
New River Humane Society Dog Walking	June 23rd 11-12:30	New River Humane Society in Beckwith
Richwood Volunteer Trail Work	June 9th	United States Forest Service (USFS)
Get Active In The Park <i>(Reservations required: getactiveinthepark@gmail.com)</i>		
Brooklyn Mine Trail Hike	June 7th 5pm	Cunard
Dun Glen Stand Up Paddleboard	June 16th 8:30am	Thurmond
Long Point Father's Day Hike	June 17th 6pm	Fayetteville
Rend Trail Bike Tour	June 23rd 2pm	Thurmond
Evening Fly Fishing Demo	June 27th, 4pm	Canyon Rim Visitor Center - Lansing
Grandview Night Hike	June 30th, 7pm	Grandview
State Park Tour - Bluestone Hike	June 3rd, 2pm	Bluestone State Park
Stand Up Paddle Board Demo Day	June 6th (No reservation needed - all equipment provided)	Summersville Lake Battle Run Beach

Please visit our event pages before programs for updates, descriptions, and locations:



www.activeswv.org/events



304-254-8488



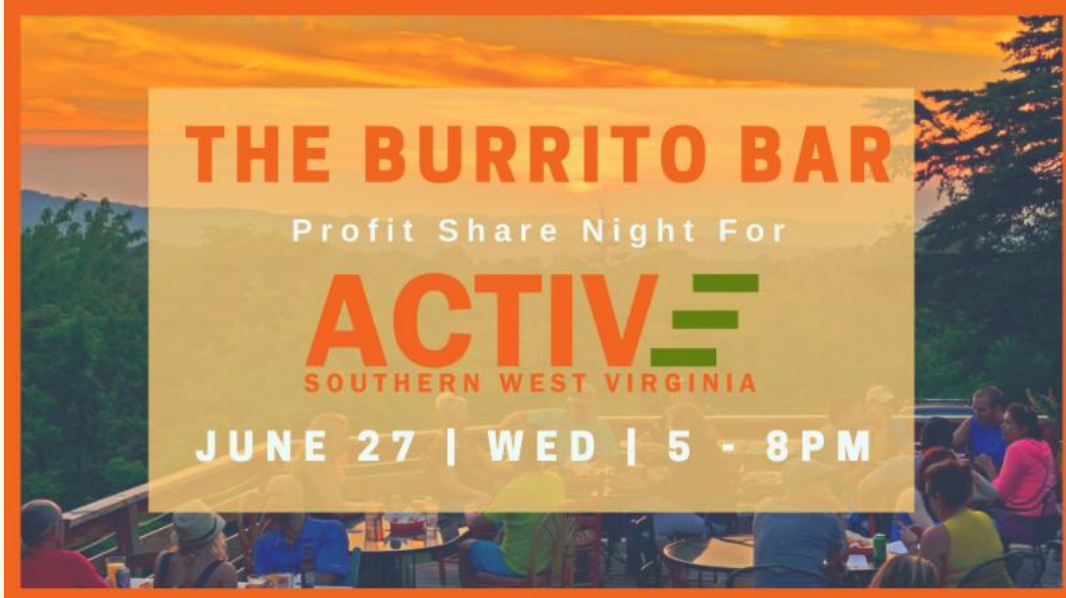
www.facebook.com/pg/ActiveSWV/events

Active Southern West Virginia programs are free and open to all people in a welcoming and safe environment, directed by Community Captains. Want to volunteer and lead a physical activity program or walking group in your area? Please contact us today!

Updated 5-30-18



Please visit the Active SWV online events calendar [here](#). To follow the events on facebook please click [here](#).



Join Us for a Night of Fundraising!
Wednesday, June 27th, 5-8pm

The Burrito Bar at Breeze Hill will be donating a portion of the evenings sales to Active Southern West Virginia. Come join us for an evening of socializing, sunset watching and delicious food.



Active SWV Spring Kids Run Clubs Re-Cap
Over 700 Youth and 75 Volunteers Participated this Spring

Active Southern West Virginia Kids Run Clubs are wrapping up another another successful season this spring! Nearly 700 youth and 75 volunteer coaches from 13 schools participated in the 4-6 week program. Two new Kids Run Clubs were welcomed to the Active SWV family this spring, Shady Spring Elementary School and the REACH Homeschool Group of Raleigh County.

Active SWV Kids Run Clubs give youth the knowledge and skills to be physically active on a regular basis. We invite you to join us in celebrating healthy futures for

youth in are community.

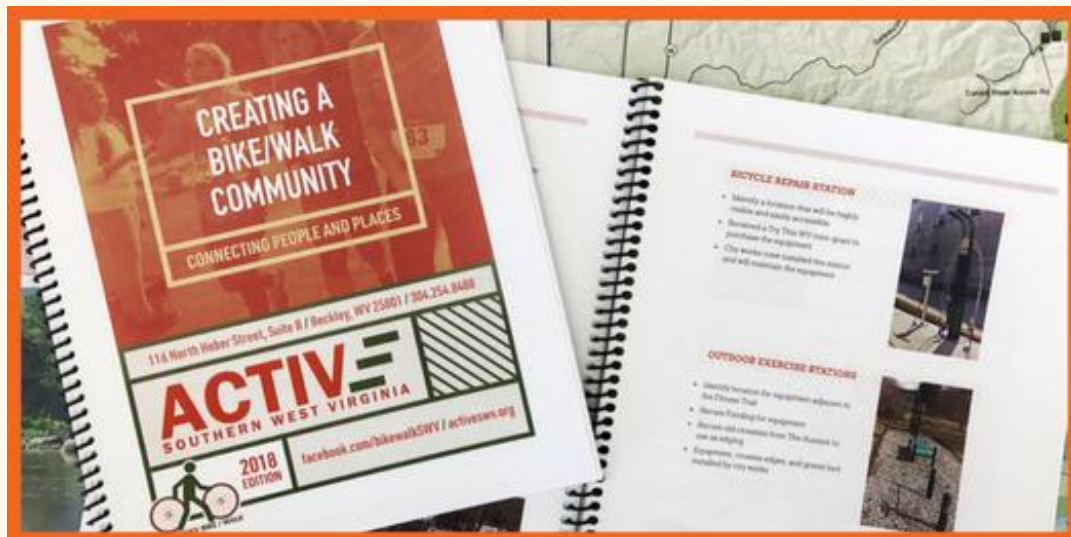
[Click here for more information on Active SWV Kids Run Clubs](#)

"You learn more by teaching and getting involved in your community".

- Community Captain, Bob Matson



[Click here to visit our sponsor](#)



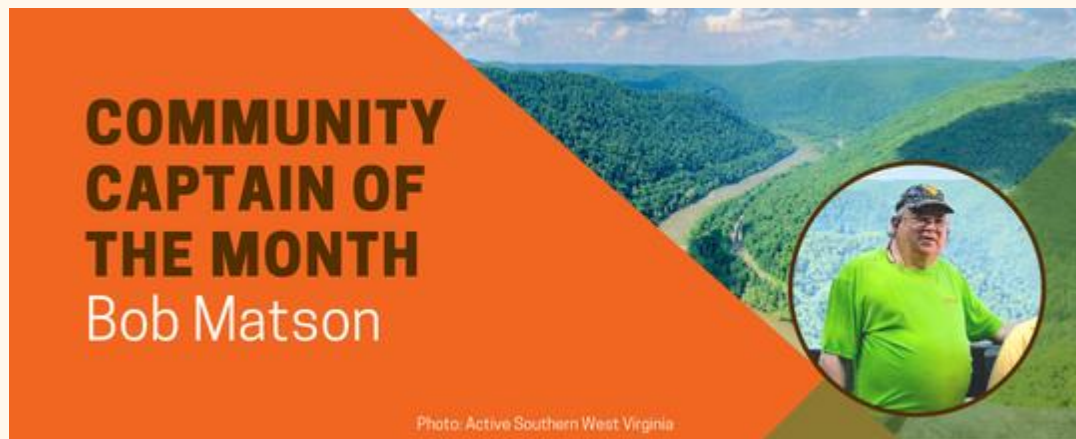
Active SWV Bike / Walk Manuals **Resources for Communities to Improve Bike and Pedestrian Safety and Accessibility**

In Spring 2018, Active SWV published the first edition of its Creating a Bike/Walk Community guide. This guide was created to be used by Community Captains and members of Bicycle and Pedestrian Advisory Committee (BPAC) as a tool for identifying and prioritizing bike/walk projects in their communities.

In addition to helping plan projects and improvements to bicycle and pedestrian facilities, a BPAC can also help plan events and activities that encourage and facilitate more physical activities in your community. If you are interested starting a BPAC in

your community or know someone that may be, please let Active SWV know!

For more information on the Active SWV Creating a Bike/Walk Community Manual click [here](#).



June Community Captain of the Month is Bob Matson
Bob is a Volunteer from the 2018 Get Active in the Park Training

We are glad to welcome Bob to the Active SWV family. Bob is originally from Atlanta, GA and his wife is a native of Raleigh County, a Woodrow Wilson High School graduate. Bob became an Active SWV Community Captain to lead orienteering and hiking.

Bob, like many residents in WV, battles with the chronic disease Diabetes Meletus, and his doctors told him he needs more exercise. He wants to help our region get healthier by getting our heart rates up. Read more about Bob [here](#).

"It's so easy to get involved in just one afternoon. The weather is accomodating and it is very convenient to participate and gain extra knowledge about this beautiful region."

-Community Captain, Bob Matson



[Click here to visit our sponsor](#)

Register today for the Active SWV Bridge Day 5K!



ACTIVE BRIDGE SOUTHERN WEST VIRGINIA DAY 5K

The only race across the New River Gorge Bridge!

Saturday - October 20th - 2018

Join the fun on Bridge Day. Register today!

activeswv.org/bridgeday5k 304-254-8488



The Active SWV Bridge Day 5K Raises Funds for Kids Run Clubs
Make Your Miles Matter, Join the Kids Run Challenge

Active SWV Kids Run Clubs are the official charitable partner of the Active Southern West Virginia Bridge Day 5K presented by West Virginia Tech. Leading up to the race, we invite you to make your miles matter by joining the Kids Run Challenge. What is the challenge? A way to use your 5K to support good health of our children, your community and our future.

What it takes to raise just \$100? Asking 10 friends to donate \$10 - its that easy. Once you raise

\$100, you will receive Team ANThony technical shirts to wear on race day. Review the details [here](#) and note the deadline of October 10th. Register for the fundraiser [here](#).

Active Southern West Virginia has introduced the Kids Run program to 20 elementary and middle schools in the four county New River Gorge region. Here is what one teacher said about the program at her school:

"Several teachers in our school have come up to me and expressed their gratitude to me for leading this run club, saying that their 'troubled' kids have done a complete 180 and have a positive outlet to plug into now! This is all of the gratification I need to continue this journey with our school."

- Cassie Smith, Hinton Area Elementary

STAY CONNECTED:

