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# 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.

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### 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 at Pipestem State Park

May 5th at Babcock State Park

June 2nd at Bluestone State Park

August 4th at Pipestem State Park

September 1st at Babcock State Park

October 6th at Bluestone State Park

[For more information about the Active SWV State Park Tour 2018 click here.](#)

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## **New Employee**

### **Community Engagement Assistant**

### **Molly Wolff**

Molly Wolff joins the Active SWV team on a part time basis to contribute media and communication support along with photography and graphic design. Molly brings an education in Physical Education and Recreation Administration with life experience in youth sports programming, assisting children with special needs in recreation, tourism marketing assistance, and owning a photography business. Molly is a resident of Scarbro, West Virginia with her family.

The stories behind every volunteer and participant are genuine in the struggles to living a healthy life in southern West Virginia and sincerely motivating in ways each person achieves their goals.

The vision is for everyone in southern West Virginia to have access to physical activity. For everyone to find their own way to get moving. Active SWV embraces all ideas of getting active and welcome new volunteers at any time. Get to know Active SWV and the resources we have for you, for free; [Active SWV Programs](#).

Read more about Molly and this exciting work [here](#).

Contact our office to begin your conversation of active living at [info@activeswv.com](mailto:info@activeswv.com) or (304) 254-8488. Molly can be reached at [Molly@activeswv.com](mailto:Molly@activeswv.com)

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## **March 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.

Mondays; Ansted Indoor Fitness and Beckley REFIT Group Exercise

Tuesday; Craigsville Indoor Walking Group and 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 and Hico Walking Group: Trail to a New You, Tai Chi in Oak Hill

Sunday; First Sunday of the Month Hikes with the Active SWV State Park Tour 2018.

March means spring in West Virginia and spring means warmer and nicer weather and the perfect opportunity to start walking groups in your area.

[Click here for more information about starting your hometown walking group.](#)

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

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## **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.

March 10: [Unplug and Hike- Brooklyn Mine Trail](#)

March 17: [Yoga Chi- Grandview](#)

March 17: [Time Change Hike- Grandview](#)

March 24: [Tai Chi- Sandstone Visitor Center](#)

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

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## Community Captain of the Month

### Aletha Stolar

Active SWV is pleased to announce that Aletha Stolar has been named Community Captain of the month for March currently leading a new [Tai Chi class that will begin March 3rd at 10am](#) in the Bellann Building in Oak Hill. We asked Aletha to tell us a little about herself and why she is physically active.

"I participated in several free Tai Chi classes through Active SWV with Joe Jett. First, I fell in love with Tai Chi and the calm focus. Second, the opportunity was presented to become a Community Captain for Get Active in the Park. Third, I recognized how much personal time Joe Jett had invested as a volunteer and I wanted to give back and share my love for Tai Chi," says Aletha.

[Click here to read more about what motivates Aletha](#)

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## Participants of the Month

### Mike Fox

Active SWV would like to introduce you to the March Participant of the Month, Mike Fox. Mike is an active member of his community and has really enjoyed Active SWV's Tai Chi program. We asked Mike to tell us a little bit about himself and his motivations for being physically active.

"Motivation was a CBS Sunday morning special on Tai Chi and how it helped relieve joint pain and helped mobility. It is also a great way to relax and remove stress. I personally went because I like trying new things and meeting people that are excited to learn something new. This organization is great for our area! We have so much to offer when it comes to staying ACTIVE!" - Mike Fox

[To learn more about Mike click here.](#)

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## Active SWV Workplace Wellness Beckley Sanitary Board Step Challenge Results

The newest program, Active SWV Workplace Wellness, has been well received at the Beckley Sanitary Board. In addition to making changes around the office environment, the staff recently participated in a step challenge.

Beckley Sanitary Board walked 11,332,610 steps during the 6 week competition.

"The Step Challenge has created a competition within the plant. The guys have made it a competition between themselves. They are all the time asking how many steps each other has and seeing who has more. This challenge has really pushed some of the guys to walk more around the plant." Ronnie McKinney, Beckley Sanitary Board Employee, Team Captain, Plant Team

The next challenge goes out to everyone in the New River Gorge region. All businesses, places of worship, schools, and agencies are invited to build a team for a 5K walk or run event on May 12th at Woodrow Wilson High School for the Active SWV eNeRGy Event sponsored by MedExpress. Mark your calendars and start building your team. Recognition will be given to groups with the largest teams.

[Read all the details from the step challenge competition and awards here.](#)

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## Beckley McManus Rail Trail Group Ride

April 7 - Opening Day for Trails

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.

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](#).

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## Kids Run Club Fundraising Challenge

### Active SWV Bridge Day 5K

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 does it take to raise just \$100? Asking 10 friends to donate \$10 - it's 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

Kids are the future leaders of our community and state. Learning the importance of physical activity now will motivate them to carry on a healthy lifestyle while inspiring their families and friends. Creating a healthy generation will build strong communities and attract a new economy to West Virginia. [Join the Challenge](#).

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## **Active SWV Family Triathlon** **June 2, 2018 at Summersville Lake**

**Run 1.2 miles - Bike 2 miles - Paddle 1 mile**

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](#)

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