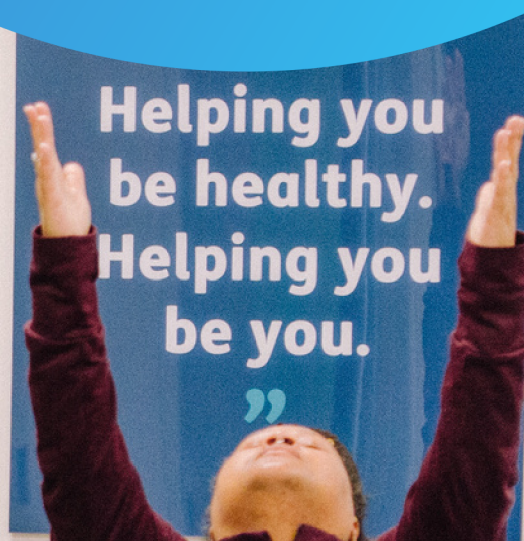




2023 MID-YEAR REPORT



116 N Heber Street, Suite B
Beckley WV 25801
304-254-8488
info@activeswv.com

ORGANIZATION OVERVIEW

COMMUNITY CAPTAINS

Community Captains are champions of their communities who want to lead others to live healthier and more active lives. Through volunteering, they remove barriers that prevent people from being active by providing free weekly and monthly physical activity programs in their communities. Activities include beginner-friendly walking and running groups, tai chi, yoga, water aerobics, pickleball, hiking, group fitness, stand up paddle boarding and more.

YOUTH PROGRAMMING - KIDS RUN CLUBS

Active SWV Youth Programs help participants develop an enjoyment and understanding of exercise, while learning healthy habits for life. Kids Run Clubs are hosted at schools across southern West Virginia. The program is accessible to all children with no cost to the participant, community, or school. Interested parents, teachers, faculty, family, and community members can be trained by Active SWV to lead the program as "Kids Run Club Coaches."

WORKPLACE WELLNESS

Employers in West Virginia can improve the health of their employees by participating in the Active SWV Workplace Wellness program. Many people spend a significant portion of their lives at work, which is why it is imperative that workplaces prioritize health initiatives that are simple, inexpensive, and long-lasting. This program provides structure and support for a multi-year approach to increase physical activity in the workplace by utilizing a score card to measure results.

ACTIVE PLACES

By rethinking the region's infrastructure to support active lifestyles, Southern West Virginians can improve their health and wellness with more opportunities to get out and exercise while increasing economic activity and job creation. Active SWV Active Places is committed to providing a network of accessible locations to make physical activity safe, fun and convenient for everyone.

JOIN THE COMMUNITY

We invite you to join us in our free physical activity programming and signature events!



www.activeswv.org



info@activeswv.com



304.254.8488



www.activeswv.org/events



www.facebook.com/activeswv



www.instagram.com/activeswv

MISSION

Active Southern West Virginia is a non-profit providing an ecosystem of physical activity for the residents of southern West Virginia by offering programs led by trained volunteers from within the communities they serve.

VISION

Active SWV seeks for everyone to enjoy a healthy and active lifestyle. Populations are targeted who face the greatest economic and social barriers. Improving health outcomes through behavioral change will strengthen community and economic development.

STRATEGY

Community Captains is an innovative program developed by Active SWV. Community Captains and other Active SWV volunteers are themselves residents seeking healthier lifestyles. These volunteers are provided training with certifications and comprehensive program manuals to facilitate quality programming within communities, workplaces, local governments, and schools. This unique and evidenced based peer-to-peer model provides interventions to help individuals be in charge of their own health to prevent and manage chronic diseases in coal-impacted communities. Volunteers invite their friends, family, neighbors, and co-workers to join a routine of being active. This social support system is delivered in person and virtually.



2023 MID-YEAR HIGHLIGHTS

Active Southern West Virginia is on the move. Check out the January to June 2023 progress!



636

times a community member showed up to Active SWV Community Captain volunteer led programs - from hikes to pickleball to water aerobics and more!



11
WORKPLACE WELLNESS SITES

5 Counties Reached
3,925 Employees Reached
\$19,458 in Grant Funds Given
45 PSEI Changes Made

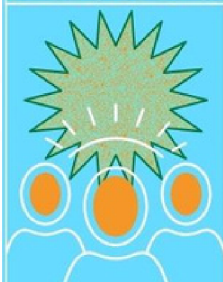
COMMUNITY CAPTAINS



- 70 Programming Community Captains
- 30 Newly Trained Community Captains
- 15 New Venue Partnerships

**ACTIVE SWV:
THE ORGANIZATION**

8th Year in Operation (founded in 2015)
6 Full-time Staff
15 Board Members
4 Main Program Areas



KIDS RUN CLUBS

23 Clubs
13 Counties
929 Participants
67 Volunteer Coaches



**ACTIVE PLACES
AWARDEES**

- Raleigh County Community Action Association
- Raleigh County Parks and Recreation
- Fayette County Parks
- Midland Trail Community Center



**COMMITTED TO
HEALTH AND WELLNESS**

Active Southern West Virginia is a non-profit providing an ecosystem of physical activity for the residents of southern West Virginia by offering programs led by trained volunteers from within the communities they serve.



501 RACERS

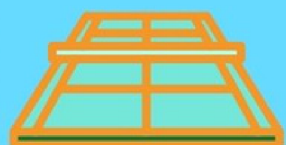


RUN THE SUMMIT - April
NRG RIM TO RIM - May
TRY-ATHLON- June
18 States + DC Represented
42% Male - 58% Female
Age Range 4-82

**ARTIST
SERIES**

NDTank
Dave Mele

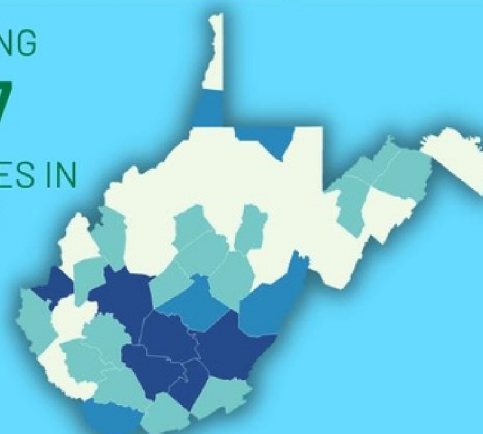
Active SWV launched an Artist Series fundraiser shop, recruiting local artists and selling apparel.



\$12,818.24

In Giving
\$3,130.76 by Individuals
\$9,687.48 by Businesses

SERVING
27
COUNTIES IN
WV



EXECUTIVE SUMMARY

Active Southern West Virginia (Active SWV) has been offering trainings, programs, and events for eight years. Our focus counties are Nicholas, Fayette, Raleigh, Summers, Boone, and Kanawha Counties, and we see expansion opportunities in Greenbrier, Pocahontas, and Mercer Counties in the coming year. Active SWV's staff of five full-time employees, one AmeriCorps VISTA, and one part time accounts receivable employee are supported by a thirteen-member board of directors. Each staff person facilitates multiple volunteers in varying roles who lead physical activity programs and take on fundraising race events for the organization.

Active SWV is an organization focused on increasing physical activity opportunities by removing barriers to access and creating awareness. Barriers such as transportation, time, equipment, knowledge and skill, lack of social support, and fear of injury are keeping many people from living active lives. Creating awareness relies heavily on local word of mouth when friends, families, neighbors, and coworkers share the priority of being active while setting and meeting goals.

Active SWV recruits, trains, schedules, and mentors volunteers to lead weekly and monthly physical activity programs in their communities. Volunteers work in their hometowns, local schools, and businesses to meet these needs and address the barriers people face to being active. The barrier of cost is removed with free programs, the burden of time and transportation is decreased by offering programs in rural places, and the fear of knowledge and injury is managed by having a trained volunteer at every activity to welcome and guide the participants. Friends and families attend programs together to build a support network, form new friendships, and keep each other accountable by attending programs on a regular basis.

Being active is vital to staying healthy and avoiding illness, diseases, and injuries. The Physical Activity Guidelines for Americans says adults should be active for 150 minutes a week with two days incorporating muscle strengthening activities, while youth and children should be active for 60 minutes a day with two days incorporating muscle strengthening activities. To meet these requirements, it is important for individuals to adopt an active lifestyle by building physical activity into their weekly routines in places that are convenient to where they live and work.

I am excited for you to learn more about the Active SWV staff and volunteers themselves. In the pages ahead, you will see firsthand how our programs impact individuals. But this work is not accomplished solely by Active SWV - there are layers of partners providing resources to sustain and grow the programs with local government agencies, state and national parks, school systems, private businesses, health care, and other social services.

There is a place for everyone to get involved and be part of the Active SWV, healthy West Virginia community! Come try an activity and bring a friend, sign up to volunteer at a race event, keep yourself active through volunteering to lead a program, spread awareness, become a business or organization partner, or donate. Read more about how movement matters in the following report.

Stay healthy and active,

A handwritten signature in black ink that reads "Melanie Seiler".

Melanie Seiler, Executive Director

COMMUNITY CAPTAINS

2023 JANUARY-JUNE

Work in the first half of 2023 has resulted in the addition of several new programs, partners, and volunteers! These additions include running groups in three counties, walking groups, our continued group fitness classes, and finally after a 3 year break, we have begun offering rock climbing again with the introduction of a new partnership with Adventures on the Gorge (AOTG). We anticipate expanding this program for free through new equipment purchased with the partnership with the New River Gorge NPS as well as continuing to offer youth climbing opportunities with the AOTG partnership. Overall our Community Captain volunteers continue to be motivated to bring a multitude of experiences to their communities with the support of the Active SWV volunteer framework.

Active SWV works with the WVU School of Public Health Office of Health Service Research (OHSR) to compile and analyze program data through the WV Health Connection platform. See some of our Jan-June 2023 stats in the table below.

BY THE NUMBERS

27

→ Community Captains Trained

15

→ New Venue Partnerships

636

→ Participants



COMMUNITY CAPTAINS

COMMUNITY CAPTAINS CURRENTLY PROGRAMMING

Active SWV would like to recognize all the Community Captains who led one or more programs in the first half of 2023. These individuals have contributed to participant success in a big way. Thank you to our volunteers!

Aaron Fisher
Allonna Tilley
Alyssa Wegner
Amber Fuller
Angie Corwin
Aspen Handy
Becky Mahlborg
Beth Hudspeth
Beth Ryan
Billie Linkenhoker
Brenda Korte
Brian Mena
Bridigit Arnold
Clint Blunt
Corey Lowery
Cori Ennis
Cristy Linkenhoker

Cynthia McGill
Dewana Waters
Dianne Leroy
Elizabeth Cox
Elizabeth Reynolds
Eric Cameron
Evan Sprigle
Gregg Peters
Jack Wright
Jacki Wright
Jennifer Bledsoe
Jennifer Flippen
Jennifer Robinson
Jenny Varuska
Jeri Knowlton
Jerome Hairston
Jessica Wright

Jill O'Dell
Jon Greene
Jorene Soto
Kat Lothian
Kate Armentrout
Kelly Buchanan
Ken Toney
Kim Shingledecker
Lee Webb
Lisa Butler
Luke Stevens
Marissa Ansaraof Kincaid
Mary Rahall
Mary Westfall
Megan Weatherford
Melanie Seiler
Michelle Carter
Michelle Klenk

Mike Bone
Mitch Lehman
Monica Ashford
Monique Anderson
Neil Lemrow
Orlando Craighead
Pat Gagan
Raegan Good
Samantha Cameron
Sarah Edwards
Scott Justice
Shannon Ritchie
Sonya Anderson
Teresa Robinson
Timothy Wilburn
Tina White
Victoria Cox
Wendy Scott

QUOTES FROM VOLUNTEERS

"The success I feel is when someone experiences the beauty of a trail for the first time. Like Endless Wall."

"When I led the Kaymoor Stairs group in the spring, several people came out to experience the stairs for the first time who either had been nervous to try them alone or wasn't sure how to find them. It felt good to offer a safe method of exploration for those folks. When I've led Ultimate Frisbee in the past, it's felt good to meet others who are interested in team sports. I feel that there's not a lot of opportunities for adults to play on amateur/club teams around here."

"I think anytime someone puts their health first is a success story, but numerous times this year we heard how fun working out could be, how they felt like they were making new friends and that their lab reports were the best they'd been in years!"

ACTIVE PLACES

GROWTH IN 2023

Active SWV has continued supporting and working with community partners in 2023, increasing places where people can participate in free physical activities. So far in 2023, we have had 71 different sites host programs of all kinds. This growing number of sites is a testament to the fact that the demand for programming continues to grow throughout the state. Three places that highlight Active SWV's impact are Ansted, our new running group locations, and The Hub in Greenbrier County. See their stories below.

MIDLAND TRAIL COMMUNITY CENTER, ANSTED

One of the shining stars of 2023 thus far has undoubtedly been the Midland Trail Community Center (MTCC), located in the heart of Ansted. A walking group and Pickleball group are leading the charge in bringing regular physical activity opportunities to the area. Spearheading the Pickleball group are the Community Captains Kate and Jenny. Thanks to their unwavering commitment, they have brought together people of all ages and skill levels, fostering a sense of camaraderie and healthy competition.

The walking group, led by Community Captains Eric and Samantha, has also been a tremendous success. Recognizing the importance of walking as a simple yet effective way to improve health, this dynamic duo has inspired countless residents to put on their walking shoes. The success at MTCC exemplifies the story of many towns in West Virginia, where communities have experienced a remarkable transformation in their health and lifestyle choices thanks to community volunteers and Active SWV's venue partnerships and support.



ACTIVE PLACES

GROWTH IN RUNNING GROUPS AND LOCATIONS

Active SWV's dedicated running Community Captains have really stepped it up this year, offering a plethora of fresh opportunities for people to unite in their pursuit of running. We now have vibrant running groups established in multiple locations including Beckley, Charleston, Huntington, and Fayetteville.

In Beckley, the heart of the action is the Paul Cline Soccer Complex, where Community Captain Alyssa Wegner leads invigorating runs and fosters a sense of camaraderie.

Meanwhile in Charleston, the University of Charleston serves as the base for the running group. Guided by Community Captain Raegan Good, the group ensures thrilling experiences and a supportive community.

In Huntington, the energetic running group convenes at Ritter Park, led by the indomitable Community Captain Cori Ennis. Participants can look forward to memorable runs and an inclusive atmosphere.

Last but not least is Active SWV's longest-standing running group in Fayetteville. This group continues to thrive under the seasoned leadership of Community Captain Beth Hudspeth. Hosting runs at Wolf Creek Trails, Arrowhead Bike Farm, and Pies and Pints, the group has evolved into a resilient community that has consistently offered exceptional programming throughout the years.

With our enhanced presence and diverse locations, Active SWV strives to bring people together, promote healthy lifestyles, and create lasting memories through the joy of running.



ACTIVE PLACES

LEWISBURG - HIKES AND THE HUB

The Hub, a renowned community center in Lewisburg, has become an integral part of Active SWV's expansion into Greenbrier County. This partnership has provided us with a central meeting place for various activities and events, contributing to the convenience and accessibility of our programs.

Aptly named, The Hub is truly a 'hub' in the community, with multiple activities based out of the space. Community Captain Diane Marie leads Belly Dancing at The Hub. In addition, The Hub is used as a meeting place for carpooling to Community Captain Becky Mahlburg's hikes. By establishing a presence in this new community and leveraging existing resources, we have been able to reach individuals who may not have had previous exposure to our programs. This expansion aligns with our overarching goal of helping all of West Virginia become physically active and healthy.



DEMONSTRATING THE IMPORTANCE OF PARTNERSHIPS

By opening their doors and collaborating with Active SWV, these venue partners demonstrate their commitment to the well-being of the community and contribute to a healthy and thriving West Virginia. Their generosity and partnership ensure that individuals of all ages and backgrounds have the opportunity to engage in healthy activities and reap the numerous benefits that an active lifestyle brings. Active SWV is immensely grateful for our venue partners and their shared vision of building healthier and stronger communities. Below are some other locations that partner with Active SWV to offer programming location.

- 1st Baptist Church
- Adventures on the Gorge
- Ansted Community Center
- Beaver Coal
- Beckley Art Center
- Bellann Building
- Blackwater Falls State Park
- Bluestone State Park
- Bream Presbyterian
- Charleston Parks and Rec
- Church of the Nazarene
- City of Beckley
- City of Hinton
- City of Oak Hill
- Country Roads Cabins
- East End Community Park
- Elkview Baptist Church
- Fayette County Parks and Rec
- Freefolk Brewery
- Fruits of Labor
- Gateway Center/ Town of Smithers
- Gran Robbies
- Hanging Rock Raptor Observatory
- Hawks Nest State Park
- Health Right West Side
- Humana Center
- John Henry Historical Park
- Kanawha City Rec Center
- Kanawha County Parks and Rec
- Lost River State Park
- Maxwell Hill Community
- Meadow River Trail/Greenbrier Environmental Group
- Memorial United Methodist Church
- Monongalia US Forest Service
- Moncove Lake State Park
- Morris Creek Watershed
- New River Community Technical College
- Old Stone Presbyterian Church
- Pax Community Center
- Piney Creek Water Shed
- Queen's Point Coffee
- Raleigh County Community Action Association
- Raleigh County Park and Rec
- Ritter Park
- Roosevelt Neighborhood Center
- Ruby Winebrenner Community Center
- School of Harmony
- Shady Spring Branch Library
- Smithers Wellness Center
- Southern Appalachian Labor School
- Sprouting Farms
- Summersville Lake - Huntington District
- Tabernacle of Praise
- The Hub
- The Summit Bechtel Reserve
- Town of Alderson
- Town of Fayetteville
- Town of Northfork
- United States of America National Park Service New River Gorge National River
- University of Charleston
- Vinyl Tracks
- West Sattas Community Center
- West Virginia State Parks
- WV State Parks
- WV State University
- West Virginia University Institute of Technology

YOUTH PROGRAMMING

2023 SO FAR

The Spring 2023 Kids Run Club season was one of our biggest yet, with school, county, and participant numbers coming close to what we achieved in all of 2022. The program saw 23 schools (7 new) across 13 counties, 929 participants, and 67 volunteers. In addition to the Kids Run Clubs, Active SWV saw one Hike Club and One Disc Golf Club, both at Fayetteville Elementary.

YOUTH PROGRAMMING BREAKDOWN



SPRING 2023 KIDS RUN CLUBS

County	School	Participants	Seasons
Cabell	Cox Landing Elementary	33	1
Cabell	Village of Barboursville Elementary	56	1
Fayette	Fayetteville PK-8	17	5
Fayette	New River Primary	9	4
Grant	Union Educational Complex	15	3
Greenbrier	Ronceverte Elementary	48	2
Greenbrier	Rupert Elementary	30	5
Kanawha	Kanawha City Elementary	23	2
Kanawha	Kenna Elementary	36	3
Marshall	Hilltop Elementary	66	2
Mercer	Bluefield Intermediate	9	3
Mercer	Princeton Primary	47	1
Mercer	Straley Elementary	48	1
Monongalia	Eastwood Elementary	108	1
Monongalia	Morgantown Early Learning Facility	17	2
Pocahontas	Marlinton Area Community Group	9	2
Putnam	George Washington Elementary	25	1
Raleigh	Crescent Elementary	56	3
Raleigh	Mabscott Elementary	53	5+
Raleigh	Ridgeview Elementary	104	2
Raleigh	Stanaford Elementary	52	6+
Summers	Hinton Area Elementary	46	5+
Wyoming	Pineville Middle	22	1

YOUTH PROGRAMMING

VOLUNTEERS

The Kids Run Club program had a total of 67 volunteers this spring. This number includes 11 newly trained Coaches, 26 returning trained Coaches, and 42 additional assistant volunteers. See the accompanying list of all returning and newly trained Kids Run Clubs Coaches (new trainees in yellow). These volunteers make the program possible!

Dreama Taylor
Erin Kneeland
Stephen Starliper
Abbi Kifer
Brandy Cassell
Chassie Canterbury
Christopher Meadows
Connie Nutter
Corella Beasley
Daniel Love
Ida Wagner
Jacqueline Jackson
Jared Johnston

Jenny Harden
Kala Woodrum
Kara Miller
Kara Vance
Katarina Lennox
Keri Conte
Kristen Hatfield
Mary Selby
Nicole Jenny
Shannon Massey
Stacie Laudermilt
Tammy Thomas
Tara Fowler



PARTNERSHIPS

- **Coda Mountain Academy** – Active SWV is in the third year of a five year 21st Century Community Learning Center grant with Coda. The grant is to provide afterschool programs complete with a meal and transportation to students at Oak Hill Middle School and Fayetteville PK-8.
- **Save the Children** – Active SWV partnered with Save the Children last summer to train their site leaders on the Kids Run Club program so that it could be used as the physical activity component of their summer curriculum. One Save the Children site, New River Primary, continued their club through fall 2022 and spring 2023. All summer 2023 sites are invited to use the Kids Run Club program again in their upcoming sessions.
- **WVU Energy Express** – Energy Express will implement 49 summer sites throughout West Virginia, led by Americorps volunteers. This Spring, Active SWV attended the two day training for the volunteers to train them on how to implement a Kids Run Club at each summer 2023 site.
- **WVU School of Public Health, Office of Health Service Research (OHSR)** - Active SWV partners with OHSR to analyze our pre/post Kids Run Club surveys to see participant change related to physical activity levels, screen time, nutrition, hydration, and confidence in physical activity. The surveys were originally created by Dr. Christiaan Abildiso and his students at the WVU School of Public Health.
- **Adventure Fayette County** – Active SWV maintains a partnership with Adventure Fayette County to offer kids in Fayette county activities to do all year round as a means of drug prevention. This April, Active SWV again took part in Project Adventure, a two-day activity sampler event for all Fayette county 4th and 5th graders to take part in and see what activities are available close to home.

YOUTH PROGRAMMING

PROGRAM IMPACTS - SURVEY DATA

Every Kids Run Club season, participants fill out a pre and post survey designed to evaluate the effects of the program. The collective survey data is analyzed by the WVU School of Public Health, Office of Health Service Research (OHSR) to determine what changes occurred over the course of the program. The 2022 survey data is below:

- **64.4% of respondents said that since their participation in Run Club, they have gotten a friend or family member to increase their activity too.**
- **The percentage of kids who responded they did not eat any fruit in the last 7 days decreased from 9% to 8.72%.**
- **The percentage of kids who responded they did not eat any vegetables in the last 7 days decreased from 15.9% to 14.7%.**
- **The percentage of kids who responded they drank a bottle or glass of plain water four or more times over the last 7 days increased from 37.1% to 41%.**
- **The percentage of kids who responded they drank a can, bottle, or glass of soda/pop one time per day in the last 7 days decreased from 14.2% to 13.6%.**
- **The percentage of kids who responded they could definitely not be active for 60 mins a day decreased from 1.55% to .09%.**
- **The percentage of kids who responded they watch less than 1 hr of TV a day increased from 22.9% to 25.7%.**

QUOTES

"I absolutely would volunteer again. I was a college runner and running made me who I am today. I learned about self-discipline and what it takes to be successful in the sport. Running will always hold a special place in my heart. I want students to learn the things that running taught me. Running is a sport that one can do their whole lifetime." - Stephen Starliper, Hinton Area Elementary

"I would volunteer again. The students had fun and looked forward to it every week. They went to classrooms and talked about the fun they had participating in this healthy activity. Families were so thankful for the run club experience and especially were wowed by the celebration. It feels as though a new tradition could have been started." - Kids Run Club Coach

"I plan to do this until my last day :) I think this is the best part of my week. I've gotten to know younger students and maintain relationships with former students. I've watched friendship grow between students that did not know each other before this club. Most of all, I feel this club has positively impacted the climate of our school. All the kids talk about it - all the time! In fact, I had a meeting in my classroom with a sponsor for a large purchase of heart monitoring watches for the club. No less than 15 students poked their heads in during that 20 minute meeting to just say hi and say something about the club. Needless to say, I got the \$5,000.00 sponsorship when he said, "Wow! This is a big deal for these kids!" - Stacie Laudermilt, Hilltop Elementary

WORKPLACE WELLNESS

STARTING 2023 OFF STRONG

In the first half of 2023, Workplace Wellness programming focused on expanding the number of organizations that are certified in the CDC Work@Health program. We began working with nine new organizations to certify employees in Work@Health. A focus on expanded grant reach brought us eleven new projects through Workplace Wellness capacity building grant funding. We also started a pilot project with the WVU School of Medicine Department of Exercise Physiology, grant funding them with \$5,000 to reach first responders and tactical athletes in Morgantown. The major goal of this program is creating a curriculum for Workplace Wellness that can be shared with first responders and tactical athletes across the state. We also expanded our in person presentations and began planning for the 2023 WV Workplace Wellness Conference and Awards.

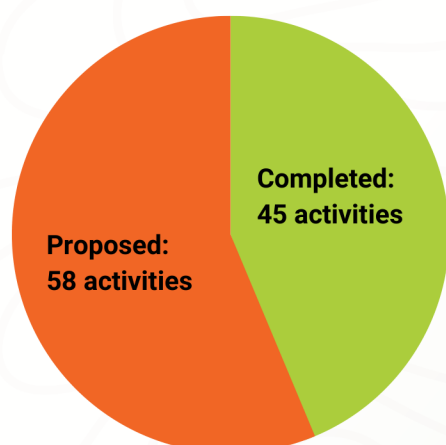
GRANTEE MID-YEAR REVIEW NUMBERS

During the 2022-23 grant cycle, Active SWV funded ten projects across West Virginia to promote Workplace Wellness. Grantees received a total of \$19,458. The projects reached a total of 3,925 individuals.

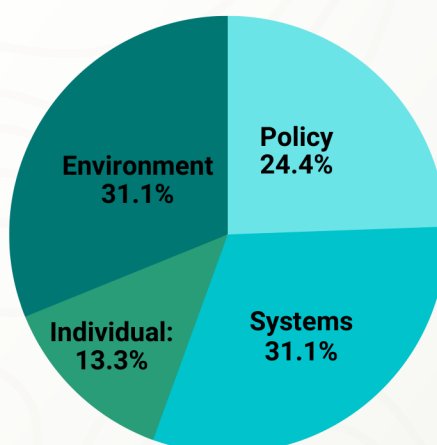
Active SWV grant recipients have currently completed 45 activities. The completed activities focused on promoting physical activity and healthy eating by providing equipment, facilities, educational programming, and wellness challenges.

Policy, systems, environment, and individual (PSEI) changes are increasing in all grantee locations. The 45 PSEI changes consisted of eleven policy changes (24.4%), fourteen systems changes (31.1%), fourteen environment changes (31.1%), and six individual changes (13.3%).

Activities Completed



PSE Changes



Numbers

\$19,458

Total Fund Distributed

3,925

Individuals Reached

11

Projects Funded

5

Counties Reached

WORKPLACE WELLNESS

2022-2023 GRANTEES

See the table below for a list of our 2022-2023 Capacity Building Grant Awardees. The mid-year review numbers for these sites are above. These grants wrapped up in June of 2023, and full year reporting numbers will be available in Active SWV's 2023 Annual Report.

2022 - 2023 CAPACITY BUILDING GRANT AWARDEES INCLUDING EMPLOYEE COUNT

- Berkeley County Schools | **100**
- Cabell Huntington Health Department | **40**
- Fayette Nicholas Health Departments | **20**
- Healthnet Aeromedical | **280**
- NGK Spark Plugs | **800**
- Southern Appalachian Labor School | **20**
- The Greater Kanawha Valley Foundation | **20**
- West Virginia State University | **2000**
- Workforce Development Region 1 | **100**
- WV Department of Motor Vehicles | **590**
- WVU Medicine + Morgantown Fire Dept. | **60**

CDC WORK@HEALTH SITES

The Work@Health® Employer Training course is developed by the Center for Disease Control. This evidence-based course provides employers and employees with the knowledge and tools to promote good health in their workplaces. Such tools can help prevent chronic illness and disability, thereby improving productivity and competitiveness as an employer. In 2023, thirteen individuals from nine different sites received the Work@Health training.

2023 CDC WORK@HEALTH CERTIFIED SITES

Business/Organization	Number of Employees
• Girl Scouts Black Diamond Council	• 40 employees
• Morgantown Fire Department	• 20 employees
• Mountaineer Food Bank	• 72 employees
• WVU Division of Exercise Physiology	• 20 employees
• Service Pump	• 80 employees
• The Dish Cafe	• 40 employees
• WV Bureau of Medical Services	• 280 employees
• WV Family Planning Division	• 200 employees

WORKPLACE WELLNESS

UPCOMING: WV WORKPLACE WELLNESS CONFERENCE AND AWARDS

Active SWV will once again host the WV Workplace Wellness Conference and Awards this year. The 2023 conference will take place on September 7th, 2023 at the Resort at Glade Springs. The conference will feature the following speakers and topics:

- Keynote: **Michael D Levitt**: Workplace Burnout and how we can combat this.
- **Dr. Brian Leary**: WVU EX. Physiology and Morgantown FD Case Study
- **Dr. Georgiana Logan**: Health equity and the workplace
- **Lauren Weatherford**: Workplace stress management
- **Kayleigh Nolan**: Mental Health in the workplace
- **Katie Burnham**: Data collection for past Workplace Wellness Members
- **Lakin Davis and Samantha Shawley Brzoska**: Data collection for effective programming

QUOTES

"We had an idea of what to provide for programming to the first responders. After taking the Work@Health programming though, we realized there was a lot to change in how we effectively provided programming and communicated with the first responders. This helped to create affective, sustainable, and equitable programming at the station." - Dr. Brian Leary – WVU Dept. Of Exercise Physiology



SIGNATURE EVENTS

RUN THE SUMMIT

Active SWV's 2023 Race season kicked off with the 2nd annual Run the Summit. 126 racers gathered at The Summit Bechtel Reserve on April 8, 2023 to take on The Grin & Bear It Half Marathon, Grouse Flush 10K, Hare Raising 5K.

Participant numbers: 126 (107 WV Residents)

States: 11 States (WV, OH, KY, VA, NC, FL, IL, MO, PA, TN, WI)

Age Range: 12 to 76

Volunteers: 9

Event sponsors: JJN Multimedia, Pinheads of New River Gorge, Visit Fayetteville, New River Health, The Dish Café
WV Series - Highland Outdoors, McClumsy, WVU Tech



NEW RIVER GORGE RIM TO RIM RACE

This year marked year three of the NRG Rim to Rim Race, which took place on May 6, 2023. The course follows Fayette Station Road with a 1300' vertical decline and incline providing spectacular views of the river and New River Gorge Bridge. Along with great weather and a delicious brunch, runners sighted unicorns along course!

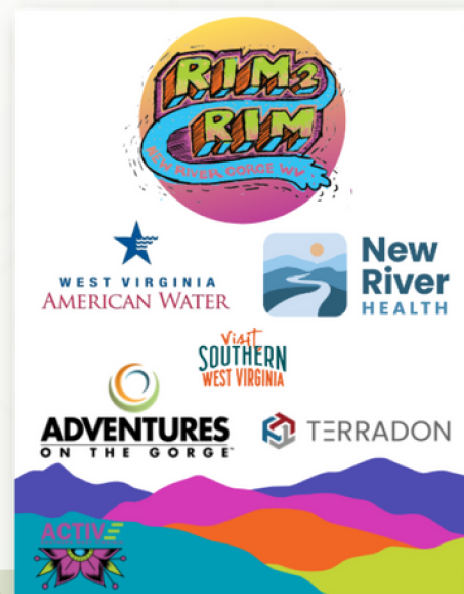
Participant numbers: 411 (276 WV Residents)

States: 17 (WV, VA, OH, NC, KY, MD, PA, TN, DC, GA, IL, MA, OK, MI, NY, SC, WI)

Age Range: 8-82

Volunteers: 32

Event sponsors: West Virginia American Water, New River Health, Terradon, Visit Southern West Virginia, Adventures on the Gorge
Series - WVU Tech, Highland Outdoors, McClumsy



SIGNATURE EVENTS

ROUTE 3 TRY-ATHLON

The inaugural Route 3 TRY-athlon held at Lake Stephens was a great day spent with participants, staff, and volunteers. Participants cycled between 3 stations - run, bike, and paddle - to get a taste of a full triathlon. Thanks to our host location, Lake Stephens, which was well-suited to try out each element. Special thanks to

Participant numbers: 26

States: All WV residents

Age Range: 4-57

Volunteers: 11 (National Park Service, WVU Tech, Coalfields Composite Mountain Bike Team)

Event sponsors: Appalachian Power, Aldi, The Ponderosa Lodge, Stewards Individual Placement, Aldi, Mountain State Miniature Golf, Raleigh County Parks and Recreation, Lake Stephens



WEST VIRGINIA RACE SERIES

Active Southern West Virginia has partnered with Appalachian Timing, Canaan Valley Running Company, and Greenbrier River Trail Marathon to form the Wild & Wonderful Race Series. This series includes 4 regions, 7 weekends April-October, and distances between 5K's to Marathons. Active SWV's Run the Summit and New River Gorge Rim to Rim races were included in the 2023 series.

Event Partners: Educational Partner - WVU Tech, Highland Outdoors, McClumsy



ANNUAL FUND

FUNDRAISING AND PROFIT SHARE EVENTS

Active SWV continues to offer fundraising events between Signature Events in order to promote community relationships and offer non-race options for support.

Jan-June Events

- Facebook Birthday Fundraisers (*Crysty Linkenhoker, Kay Bess, Kate Armentrout*)
- Pampered Chef Fundraiser
- Gritt's Midway Greenhouse Spring Flower Sale

Events upcoming in 2023

- July 15 - Paw-lattes with Activated Body and Hilltop Coffee Company
- August 7 - TeeTime Sports
- Sept TBD - Pies n' Pints

INDIVIDUAL GIVING

Active SWV would like to recognize the following individuals and corporations for donating funds to support Active SWV's free programs from January through June 2023:

- | | |
|----------------------|------------------------|
| • Kate Armentrout | • Abigail Erinc |
| • Zach Armentrout | • Deb Evans |
| • Deborah Ashworth | • Jean Evansmore |
| • Andrew Astley | • Stephen Ferrell |
| • Christy Bailey | • Andrew Foster |
| • Peter Balazy | • Charlee Fox |
| • Sara Beland | • Jonny Frame |
| • LeeAnn Belmont | • David Fry |
| • Kay Bess | • Chris Fussell |
| • Miriam Bizup | • Dan Gonzales |
| • Ruth Blevins | • Will Hackman |
| • Nate Blum | • Melanie Seiler Hames |
| • Keith Bratt | • Robert Harrison |
| • Paul Breuer | • Valerie Harrison |
| • Anthony Brubaker | • Francesca Hartop |
| • Lacy Burdette | • Nathan Hilbert |
| • Gary Carte | • Susan Hofstetter |
| • Kimberly Carter | • Tarren Holcomb |
| • Dawn Cimala | • Beth Hudspeth |
| • Jay Clark | • Donna Hughes |
| • Patricia Clark | • Chad Hutchinson |
| • Jon Clary | • Paula HuYoung |
| • Jen Coyner | • Cassie Jarrell |
| • Corey Cusick-Lewis | • Jamie Johnson |
| • Rebecca Dean | • Michael Johnson |
| • Greg Dimattina | • Steven Johnson |
| • Barbara Dobbins | • Tammy Johnston |
| • Adrian Donatelli | • Leah Kendrick |
| • Mary Eckerson | • Frances Klimczak |
| • Sue Emch | • Masaki Kuwahara |

- Fredrick Lamey
- Rosalyn Lauderback
- Lori Lebl
- Nicole Lewis
- Crysty Linkenhoker
- Amber Marcu
- Karen Martin
- Teresa Martin
- William Massey
- Kim Maxwell
- Lisa McKenzie
- Catherine Moore
- Stephen Mount
- Susan Osborne
- Daniel Patrick
- Dan Patterson
- Shannon Peffley
- Leah Perkowski-Sisk
- Emily Persinger
- Travis Prince
- Elizabeth Raney
- Melora Rich
- Alyssa Rodriguez
- Michelle Rotellini
- Pamela Schretzenmayer
- Ty Sicurella
- Kathy Sines
- Darrell Smith
- Jo-Beth Stamm
- Austin Steffey

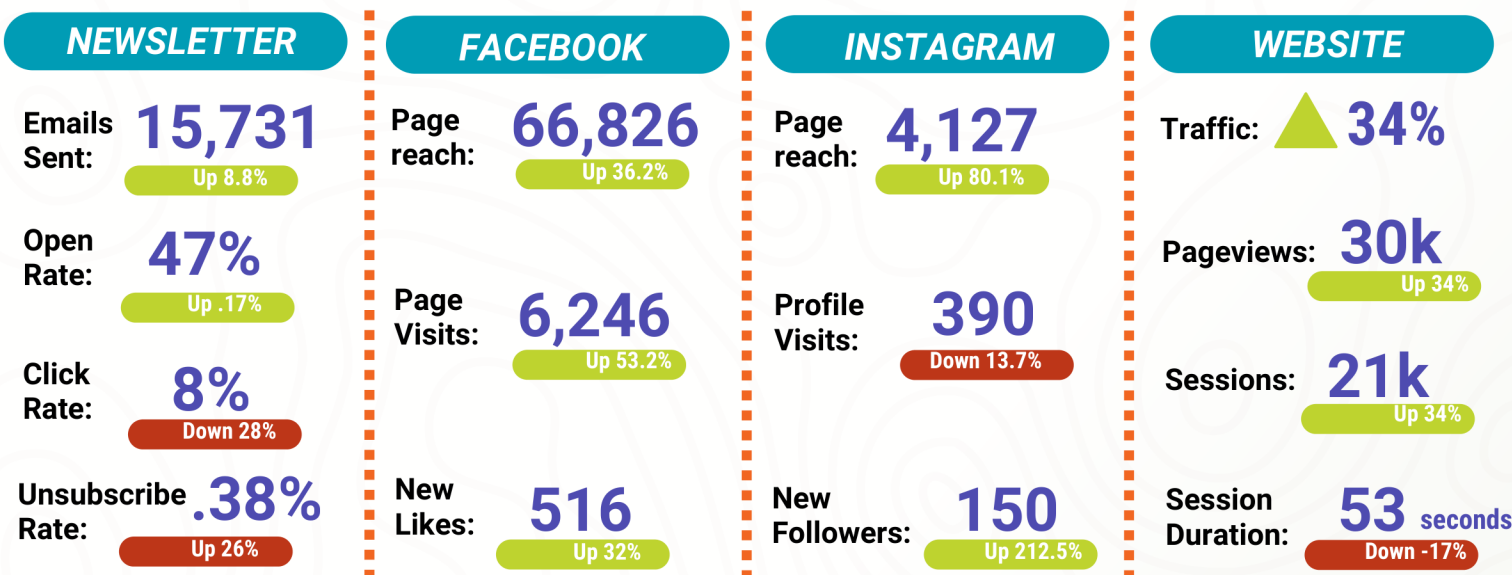
CORPORATE DONORS:

- Kroger Rewards
- Amazon Smile
- Network for Good
- PayPal Giving
- Petra Stevenson
- Valerie Stewart
- Staci Stover
- Brett Sutphin
- Kenta Suzuki
- Kelli Swain
- Ann Thayer
- Melinda Tieche
- Zachary Tilley
- Todd Twiggs
- Trey VanHoose
- Harold Vass
- Debbie Ventura
- Cathy Wallace
- Tara Ward
- Megan Weatherford
- Brad White
- Cynthia Whitlock
- Bobbie Wisniewski
- Kimberly Wood
- Jacki Wright
- Wayne Young
- Alyssa Zimmerman

OUR IMPACT

WEBSITE AND MEDIA

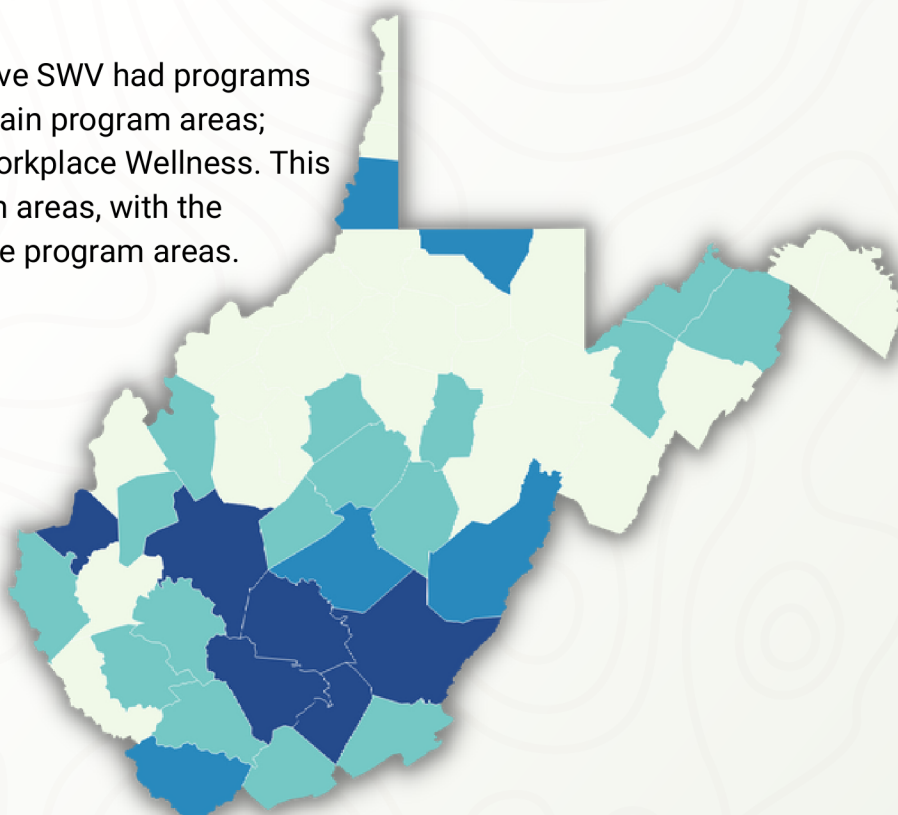
The numbers below reflect January 1, 2023 - June 30, 2023 as compared to the previous 6 month period (July 2022-Dec 2022).



IMPACT MAP

In the first half of 2023 (January - June), Active SWV had programs in a total of 27 counties between our three main program areas; Community Captains, Kids Run Clubs, and Workplace Wellness. This map shows the concentration of our program areas, with the different colors representing number of active program areas.

- Three ASWV program areas represented
- Two ASWV program areas represented
- One ASWV program area represented
- No Active SWV programs



STAFF & BOARD OF DIRECTORS

ACTIVE SWV STAFF



**MELANIE
SEILER**

Executive
Director



**ELIZABETH
RANEY**

Community
Captain Director



**INDIA
TARLETON
KRAWCZYK**

Youth Program
Director



**KATE
ARMENTROUT**

Development
Director



**MICHAEL
FISHER**

Workplace
Wellness Director



**BRANDON
MEHLINGER**

AmeriCorps
VISTA

BOARD OF DIRECTORS

Executive Committee

Board Chair: Cindy Whitlock - New River Health Association and Fayette County Board of Education

Board Vice Chair: Dave Bernier – Assistant Director WVU Tech Adventure Recreation Management

Board Secretary/Treasurer: Debby Sizemore – Retired commercial banker

Board Members

Kay Bess - Community Volunteer, retired - Visit Southern West Virginia Tourism

Austin Caperton - Appalachian Salmon Company

Jennifer Wood - WVU Tech University Executive Director University Relations

Eloise Elliott - WVU College of Applied Human Sciences School of Sport Sciences

Gary Morefield - City of Beckley, WV

Michelle Rotellini - Beckley Raleigh County Chamber of Commerce

Adam Stephens - Arrowhead Bike Farm

Lee Ann Belmont – WV American Water

Jenna Grayson – New River Gorge Regional Development Authority

Larry Harrah - Harrah Law Firm

Non-Voting Members

Bill Massey - Ex Officio Board Member, Active SWV Founder

Melanie Seiler - Executive Director, Active Southern West Virginia