

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](#)

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**July 2018 Free Programs**  
**Community Captain Directed Physical Activity Opportunities**

# ACTIVE FREE JULY PROGRAMS

SOUTHERN WEST VIRGINIA

Free Weekly Programs	Date / Time	Location
Beckley Refit Dance <b>Aerobics</b>	Mon/Tues/Thurs 6pm	Central Headstart
MacArthur Refit Dance <b>Aerobics</b>	Fridays 8:30-9:30am	The Gathering Place
Prosperity Refit Dance <b>Aerobics</b>	Saturdays 9:30-10:30am	Faith Baptist Church
Oak Hill <b>Pickleball</b>	TBD	TBD
Beckwith <b>Walking</b> in the Park	Wednesdays 10am	Fayette County Park
Scarbro Gentle <b>Yoga</b>	Tues (Except 3rd Tue of Month) 5:30pm	NRH Robinson Annex
Beckley <b>Walking</b> Group	Saturdays 10-11am	YMCA Soccer Complex
New River Humane Society <b>Dog Walking</b>	July 7 & 21 11am-12:30pm	New River Humane Society in Beckwith
Victor <b>Walk</b> With Ease	Saturdays 8:30am	Restlawn Cemetery
Craigsville <b>Walking</b> Group	Tues/Thurs 12:30pm	St. Luke's United Methodist Church
Mt. Nebo Meadow River <b>Hike</b>	July 14th 5:30pm	Nallen Post Office
Summersville Stand Up <b>Paddleboard</b>	July 20th 3:00pm	Summersville Lake
Oak Hill <b>Trail Work</b>	July 7th 9:00am-3:00pm	Needles Eye Park Trail
Grandview Firefly <b>Walk</b>	July 20th Time TBD	Grandview
<b>Water Aerobics</b>	<b>Coming this July - Stay Tuned!</b>	

Get Active In The Park	<i>(Reservations required: <a href="mailto:getactiveinthepark@gmail.com">getactiveinthepark@gmail.com</a>)</i>	
Arrowhead Group Trail <b>Ride</b>	July 6th, 5-7pm	Arrowhead Trailhead - Fayetteville
Dun Glen <b>Paddleboard</b>	July 11th & 12th 5:30-7:30pm	Dun Glen Boat Launch
Sunset <b>Paddleboard</b>	July 13th 1:30pm - 3:30pm	Dun Glen Boat Launch
Grandview <b>Kite Flying</b>	July 15th <b>AND</b> 25th, 5:30-6:30pm	Grandview Visitor Center
Stone Cliff Whisper <b>Walk</b>	July 18th, 6-8pm	Stone Cliff Trailhead
Burnwood Full Moon <b>Walk</b>	July 27th, 8-10pm	Burnwood Trailhead
Intro to <b>Rock Climbing</b>	July 29th, 10-2pm	Canyon Rim Visitor Center
State Park Tour	<i>(Visit <a href="https://www.facebook.com/activeswv">facebook.com/activeswv</a> and join our group)</i>	
Carnifex Ferry Battlefield <b>Hike</b>	July 1, 2-5pm	Carnifex Ferry Battlefield State Park
Bluestone State Park <b>Night Hike</b>	July 27th 8:30pm	Bluestone State Park

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

 [www.activeswv.org/events](http://www.activeswv.org/events)
 **304-254-8488**  
 [www.facebook.com/pg/ActiveSWV/events](https://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 6-27-18



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**BECKLEY**

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**AMERICAN ELECTRIC POWER**

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



## **Andrew Davis's Service with the Active Southern West Virginia Bike/Walk Program**

### **Accomplishments as a Pedestrian, Bike and Trail Coordinator**

Andrew Davis has served as Active Southern West Virginia's Pedestrian, Bike and Trail Coordinator for over two years. Through his AmeriCorps Vista position, he assisted in implementing the goals of the Active SWV Bike/Walk program which seeks to improve transportation and trail infrastructure in the region. The outcomes of these projects allow citizens and visitors to southern West Virginia to walk, hike, bike and exercise on a connected network of safe streets, rail trails and hiking trails. To accomplish this goal, Andy has helped to introduce the concept of Bicycle and Pedestrian Action Committees (BPACs), whereby communities in our region can create their own safe streets and trails with assistance from Active SWV and its step by step BPAC Manual.

Read more about Andy's accomplishments [here](#).

### **Get Started with a Bicycle and Pedestrian Action Committee**

Assembling people to form a Bicycle and Pedestrian Action Committee (BPAC) is a common approach to making progress which connects community members with local authorities to assess conditions and create plans for improvement. These plans can then be submitted for adoption by government. Active SWV has been working with communities in Fayette and Raleigh Counties over the past two years to develop BPACs and prioritize the changes and improvements that are needed for more bikeable/walkable communities. The main idea is to invite everyone to the table and collect input from a cross-section of the community.

Read more about Active SWV Bike/Walks involvement in BPAC [here](#).

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## Active SWV Kids Run Clubs Recruiting Join The Kids Run Clubs Fall 2018 Programming

Active Southern West Virginia Kids Run Clubs are about to begin again this fall. These programs 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. [Contact](#) us today to register your school for an Active SWV Kids Run Club or sign up as a volunteer.

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



Photo: Active Southern West Virginia

## July Community Captain of the Month is Jennifer Scott Getting People Moving on the Water

Active SWV is pleased to highlight Jennifer Scott as the July Community Captain of the Month. Jennifer volunteers to lead stand up paddle boarding for Active SWV because she loves to introduce people to water activity.

Jennifer said, "Health is a motivating factor for staying physically active. I want to be a role model for my family and have fun. These goals coincide with volunteering with Active SWV." Read more about Jennifer [here](#).

[Visit Our Event Calendar!](#)



# What's **SUP** this Summer?

Try **Stand Up Paddle  
Boarding** for **FREE**

- July 11th - 5:30-7:30pm at Dun Glen\*
- July 12th - 5:30-7:30pm at Dun Glen\*
- July 13th - 1:30-3:30pm at Dun Glen\*
- July 20th - 3:00-5:00 Battle Run Beach, Summersville Lake
- August 8th - 3:00- 5:00 Battle Run Beach, Summersville Lake
- Stay tuned for more SUP programs being added weekly!

\*reservation required at [getactiveinthepark@gmail.com](mailto:getactiveinthepark@gmail.com)

[www.activeswv.com/events](http://www.activeswv.com/events)

## **PARTICIPANTS OF THE MONTH**

Jacquelyn, Jessica,  
and Julia

Photo: Active Southern West Virginia



**July Participants of the Month are Jacquelyn, Jessica, and**



## Julia

### Sisters Getting Active Together through SUP

These sisters live and go to school in Raleigh County. They have previously participated in hikes and stand up paddle boarding with Active SWV. Jacquelyn stays active by life-guarding, Jessica runs track, and Julia is a cheerleader. They all really enjoy being active in the outdoors. The most recent stand up paddle boarding program they participated in with Active SWV was the first time they had been to Summersville Lake. They all had a great time and said stand up paddle boarding was easy to learn and they would definitely try it again.

Read more about participant experiences [here](#).

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**"Don't be afraid to join a program. Signing up is the hardest part, its beginner friendly, there's always someone there to help, and there's something for everyone."**

-Community Captain, Jennifer Scott



Click [here](#) to visit our sponsor

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**Register today for the Active SWV Bridge Day 5K!**

# ACTIVE BRIDGE DAY 5K

SOUTHERN WEST VIRGINIA



**The Only Race Across The New River Gorge Bridge!**  
**Saturday - October 20th - 2018**  
**Join the fun on Bridge Day. Register today!**

- Online registration is open until October 18 (Early registration discounts are available)
- Limited to 400 racers (Race-day registration only available until full)
- 5K is for runners, not a walking event
- Registration includes tech t-shirt, finisher artisan medal, group and finish line photo (t-shirts only guaranteed to early online registers)
- Top finisher medals in age groups: 0-12, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ for Male and Female.
- All proceeds go directly to area elementary school Kids Run Clubs providing a free program to schools, volunteer coaches, and youth in Southern West Virginia.

**REGISTER TODAY!**

[activeswv.org/bridgeday5k](http://activeswv.org/bridgeday5k)

304-254-8488

Active SWV Workplace Wellness Physical Activity Posters  
Now Available in an 18 Month Calendar



The Active SWV Calendar provides 18 months of motivational phrases and images to display at work or home. Each month is a different physical activity poster. Purchase your calendar for inspiration and to support the free programs offered by Active SWV.

[Purchase your 18 month calendar here.](#)

**"Active programs help you get out of your comfort zone. If you stay within your comfort zone you will never try anything new. If you never try anything new, how will you know whether you like it or not? Life is about experiences."**

- Community Captain, Charity Wysong



[Click here to visit our sponsor](#)

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