



## May 2017 Newsletter

### Volunteer Appreciation Breakfast



Hampshire County Parks and Recreation will hold a Volunteer Appreciation Breakfast on Saturday, May 20, from 8:00 until 10:00

a.m. at the Slanesville Ruritan Building. Breakfast will be served the entire two hours, so come at your convenience to enjoy a great meal.

If you helped to organize or run an HCP&R event or program over the past four years, or if you helped out or contributed in any way, we want you to join us for this free breakfast. The menu will be biscuits, sausage gravy, sausage patties or links, eggs, drinks, and dessert.

Volunteers are the lifeblood of all our events and programs at HCP&R. Without volunteers giving of their time, talents, and efforts, most of what we offer would not be possible. This breakfast is our way of saying thanks to all the people who coached, refereed, kept the score, sold concessions, organized activities, contributed money or services, or helped us in any other capacity.

### Hampshire County Field Day



Hampshire County Parks and Recreation will hold its third annual Elementary Field Day on Tuesday, May 23, beginning at 9:00 a.m. at the Hampshire High School track. Field Day is open to all

fourth and fifth grade boys and girls in the six elementary schools in Hampshire County.

Field Day is comprised of six running events and two field events. The running events are the 100-, 200-, and 400-meter dashes, the 800- and 1,600-meter runs, and the 4x100-meter relay. The field events are the softball throw and the standing broad jump.

Both boys' and girls' champions will be crowned in each individual event, and the school compiling the highest overall score will be recognized as the 2016 Field Day Champion. Augusta Elementary is the defending champion.

Last year we had over 100 kids participate in Field Day, so if you're looking for some great

competition as well as good sportsmanship, come on up to HHS on May 23 and check it out.

## Disc Golf Course at Camp Walker



The weather is finally starting to warm up, and our thoughts are turning to outdoor activities. When planning those activities, don't forget about the Camp Walker Disc Golf Course. We

have made several improvements to the course over the past year. We installed tee-marker posts for all the holes to make each teeing area more visible. We are also providing scorecards and course maps, both of which can be found in the mailbox beside the first tee.

The first tee is located on the flat ground out past the pavilion, where the road turns to the left and starts down over the hill toward the exit to the park. We have also installed new tee markers with the Camp Walker logo on them for each hole.

If you're looking for a disc to play at Camp Walker, then we have several options for you. We have Skeeters, which are all-purpose discs that are suitable for every shot, for sale in the HCP&R office for just \$7.00 each. We also have commemorative glow-in-the-dark drivers and putters that have the official Camp Walker logo on them for \$15.00 each. All proceeds from the sale of these discs go for improvements to the course.

If you haven't been out to Camp Walker to play the course, you really need to take an hour or so and try it. I feel certain that you will find disc golf both physically and mentally challenging. Plus, it's a great opportunity to spend some time in one of the prettiest spots in Hampshire County.

**And it's free to play.** Now that's a deal I know you don't want to miss!

## Gary Crane Cup Golf Competition



The second qualifier for the 2017 Gary Crane Cup will be held at The Woods Resort in Hedgesville on Tuesday, May 16. The cost for 18 holes of golf with a cart will be just \$25, and the first tee

times begin at 1:00 p.m. and follow at ten-minute intervals.

The format for the competition for the Crane Cup will be the same as previous years. Those wishing to compete for the Cup must play in at least three of the six qualifiers and turn in their scorecards to the pro shop after the round. From those scores, a handicap will be tabulated and applied at the Final Round, which will be held at Capon Springs Resort in October. Both a gross and a net champion will be crowned at the Final Round. Charlie See (gross) and Don Peters (net) are the defending champions.

The upcoming schedule of qualifiers is as follows: June 20- Franklin; July 18- Snowshoe; August 15- Locust Hill; September 19- Canaan.

Even if you're not interested in competing for the Crane Cup, come on out and join us for a relaxing round of golf at a great price on one of the area's premiere resort courses.



# RECREATION

Hobbies

Adventure  
Games

Sports

Nature Walks

*Daydreaming ...*

## Walk To Be Fit Program



The first of April has come and gone, so it's time to start thinking about the Walk To Be Fit Program. If you'd like to join the program, just stop by any FNB Bank location (Fort Ashby, Romney, Hampshire Square, or Capon Bridge), the Hampshire Wellness and Fitness Center at Hampshire

Square, or the HCP&R Office at 90 North High Street in Romney to register for the program. When you register, don't forget to pick up your free pedometer and your tally sheet to log the miles that you walk.

We will recognize four milestones this year: 100, 250, 500, and 1,000 miles. When you reach one of those milestones, or when your tally sheet is filled, just return it to the location where you picked it up, and we will contact you when you are eligible for a prize. Prizes for 2017 will include cups with lids and straws, tee shirts, and bag chairs.

**This year we have an added bonus. We will be giving away four GRAND PRIZES for those who reach one or more of our walking milestones. The drawing for the GRAND PRIZES will be held in October at the end of the program for the year, so you have seven full months to qualify.**

Each time you hit a milestone, your name will go into the prize pool. If you get all the way to 1,000 miles, you will be eligible to win the FINAL GRAND PRIZE, which is a one-night stay for two at the beautiful Capon Springs Resort. The prize includes lodging, all fees and taxes, and three meals. Other GRAND PRIZES include gift certificates to Dairy Queen and Main Street Grill and a handcrafted wooden chest donated by B&B Woodcraft Designs.

Walking is great exercise on the path to a healthier lifestyle, and what could be better than receiving some nice prizes for your efforts? That's what Walk To Be Fit is all about.

## Flag Football League



Applications are now being accepted for a Flag Football League that will begin playing this summer. Games are tentatively set to begin on June 10 and will follow on

succeeding Saturdays through the end of July. The league is open to all boys and girls ages 4 through 13, and teams will be chosen geographically within the county.

Players and teams will be grouped according to the following age categories: 4 through 7; 8 through 10; and 11 through 13. All games will be played at Central Hampshire Park in Augusta, and USA Football Today rules will govern league play.

Registration fee for the league will be \$40 per player. That fee will cover the cost of a team tee shirt, which participants will keep at the end of the season, and other equipment such as flags and footballs.

There are two ways to register for the league. First, you may register online at the Hampshire County Parks and Recreation website, [hampshirecountyparks.com](http://hampshirecountyparks.com). Just scroll to the bottom of the home page and fill out and send the Program Registration Form. Registration fees may then be mailed to HCP&R at P.O. Box 213, Romney, WV 26757. Second, registrations will be accepted at the HCP&R Office at 90 North High Street in Romney any weekday from 9:00 a.m. until 1:00 p.m.

Anyone interested in coaching a team may contact league coordinator Bo Blomquist at [bo.blomquist86@gmail.com](mailto:bo.blomquist86@gmail.com) or HCP&R at [hampshirecoparks@hotmail.com](mailto:hampshirecoparks@hotmail.com) and by phone at (304) 822-7300.

## Discount Tickets to King's Dominion



Hampshire County Parks and Recreation has once again entered into an agreement with King's Dominion to offer discount tickets to the park for the coming summer. These are any-time tickets that are good for admittance to the park any day that it is open. The park opened on March 25 for the 2017 season and will remain open daily until October 29.

The price for each ticket is \$36, which is a considerable savings from the normal \$66 admission price. These tickets can be purchased at the HCP&R Office at 90 North High Street in Romney any weekday between 9:00 a.m. and 1:00 p.m. If you can't make it to the office, give us a call at (304) 822-7300 or email us at [hampshirecoparks@hotmail.com](mailto:hampshirecoparks@hotmail.com), and we'll make arrangements to get your tickets to you.

If you're planning a family or group outing to King's Dominion this summer, this is a deal that you can't afford to pass up.

## South Branch Valley Bluegrass Festival and Fireworks



The ninth annual South Branch Valley Bluegrass Festival and Fireworks will be held on Saturday, June 24, 2017, at the Wapocoma Campground on South Branch River Road, south of Romney, with the first acts set to appear at 11:00

a.m.

Headlining this year's Festival will be Doyle Lawson and his band Quicksilver. Joining Doyle on the stage will be Flatt Lonesome, Bud's Collective, Commonwealth Bluegrass Band, and Maysville Express. Host band Lonesome Highway will perform as well.

There will also be great food, crafts, a Kids' Corner for the youngsters, and one of the finest fireworks shows in the area at the conclusion of the Festival.

Admission to the Festival is free, but there is a \$10 parking fee. No pets, ATV's, golf carts, or alcohol will be allowed in the concert area. Also, tents and high-backed chairs are prohibited in the concert area.

Mark your calendars right now so you don't miss this great event. I know you'll be glad that you did!

## **Kettlebell Classes**



HCP&R is now offering Kettlebell classes from 6:00 to 7:00 p.m. on Sunday, Tuesday, and Thursday nights at the Glo Tanning Salon, which is located directly across Route 50 from the Century 21 office.

Kettlebells are cast iron weights shaped like a ball with a handle for easy gripping. Kettlebells offer a different kind of training using dynamic moves targeting almost every aspect of fitness – endurance, strength, balance, agility and cardio endurance. People love it because it's challenging, efficient, and you only need one piece of equipment. Kettlebell classes are taught by certified instructors Kaleena Wilfong and Camilla Fout.

The cost for Kettlebell classes is \$5 per session, or for \$20 you may purchase a punch card that is good for five sessions. Also, we are now selling a monthly card for \$50.

Even if you've never tried Kettlebell before, come on out and see what it's all about. Mark your calendars today so you don't miss a chance to get some exercise while having a great time with your friends.

## **Adult Open Gym Basketball**



For those of you who want to show off your basketball skills, check out our Sunday night Open Gym Basketball on both ends of the county.

Shane Hawkins is in charge of the program at the old

Capon Bridge Middle School gym, and they play there from 5:00 until 8:00 every Sunday evening. Roger Eversole and Joe Clower run the program at Romney Middle School, and they go from 6:00 until 8:00 each Sunday night.

If you're eighteen and over and out of school, drop by one of those locations this Sunday night and run with the big dogs!

## **Pavilion and Park Reservations**



The pavilion and park reservations season are in full swing for 2017. The

rental season extends from April 15 through October 15. Before and after those dates, running water will not be available in any of our parks.

Pavilions for picnics, family reunions, or any other outdoor gathering may be rented at either Hampshire Park or Central Hampshire Park. Prices for the entire day run from \$35 to \$45, depending on the size of the pavilion rented. You may also rent the amphitheater at Central Hampshire for only \$55 per day.

If you have a larger gathering, you may want to rent an entire park, either at Green Spring Park (\$40 to \$95, depending on the facilities desired) or Camp Walker (\$65 for the whole park the entire day). All our parks now have electric outlets, running water, and restroom facilities.

To rent a pavilion or park, or just to get more information, call the HCP&R office any weekday between 9:00 a.m. and 1:00 p.m. at (304) 822-7300, or you may stop by the office at 90 North High Street in Romney during those hours. We will also accept reservations via our email at [hampshirecoparks@hotmail.com](mailto:hampshirecoparks@hotmail.com).

Get your reservations in early so you don't miss out on that special place for your picnic or outing.



“Recreation brings quality to life.”

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**1:00 p.m.**

