



# HAMPSHIRE COUNTY Parks & Recreation

## JULY 2017 NEWSLETTER



### South Branch Valley Bluegrass Festival and Fireworks



The ninth annual South Branch Valley Bluegrass Festival and Fireworks was a smash hit. We estimated that close to 4,000 Bluegrass fans passed through the gates during the day. The weather couldn't have been more perfect, and the entertainment lived up to its billing as one of the premiere Bluegrass events on the East Coast.

Listening to Doyle Lawson was a big thrill for me as a novice Bluegrass fan. He was a great showman who exhibited both his enormous talent and his sharp wit on the stage. There are many who are called legends, but only a few live up to that name. The true mark of a legend is the reverence others in the profession hold for you. Every other performer at the Festival was in the audience when Quicksilver was on the stage, and you could just see the delight on their faces when they sang along with him and cheered boisterously after each tune. We truly saw Bluegrass royalty at Wapocoma last Saturday.

As is the case with all our events, we couldn't have pulled off such a huge production without the tireless efforts of our volunteers. The Bluegrass Committee is one of the finest, most dedicated groups of people that I've ever been around. They share a common love for Bluegrass music, and they work diligently to bring a first-class show that our entire county can be proud of. The next time you see Dot Calvert, Aaron Cox, Trina Cox, Patty Davis, Pam Francis, or Bruce Nicholson, take a minute to thank them for all their hard work.



## Disc Golf Course at Camp Walker



When your thoughts turn to outdoor 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!

# Parks and Recreation

## Gary Crane Cup Golf Competition



The fourth qualifier for the 2017 Gary Crane Cup will be held at the Raven Golf Course at Snowshoe Mountain on Tuesday, July 18. The cost for 18 holes of golf with

a cart will be just \$30, 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: 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 courses.



## Walk To Be Fit Program



The Walk To Be Fit Program is in full swing for 2017. If you'd like to join us, it's still not too late because Walk To Be Fit runs through October. To register, 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.



## Saturday in the Park



Hampshire County Parks and Recreation is proud to announce its fourth annual Saturday in the Park, which will be held on August 12 beginning at 1:00 p.m. at Central Hampshire Park in Augusta.

Saturday in the Park is a celebration to commemorate Hampshire County's rich parks and recreation heritage, and it also shows our appreciation to the citizens of our county for their support of the events and programs that HCP&R has sponsored over the past several years.

The celebration has something for everyone. Afternoon events for teens and adults will be as follows: 1:00- Three-on-Three Basketball Tourney; 2:00- Horseshoe Tourney; 3:00- Cornhole Tourney; 4:00- Volleyball Tourney.

We will have a Water Slide and Bouncy House for the kids from 2:00 until 5:00. Kids may come at any time during those three hours and stay as long as they want to enjoy the fun.

A free dinner for everyone, which includes a hot dog, chips, a cookie for dessert, and a drink, will be served from 5:00 until 6:00 p.m.

After dinner, at approximately 6:00 p.m., the rest of the kids' activities will kick in. We will have games of all sorts, including relay races and guessing games, along with face painting. Kids who want to participate in the relays and other games should wear clothes that they don't mind getting dirty and/or wet, because some of the activities could get quite messy.

The day concludes with a free concert featuring High Mountain Bluegrass Band beginning at 7:30 p.m. at the amphitheater. We will serve snacks and drinks at the concert, also free of charge.

This promises to be a great day of outdoor family fun and excitement. Bring a lawn chair and your sunscreen and plan to spend the whole afternoon and evening with HCP&R. Now that's a day I know you don't want to miss!



## **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.

## **Kettlebell Classes**



HCP&R is now offering Kettlebell classes four days a week, on Sunday afternoon from 3:00 until 4:00, and on Tuesday, Wednesday, and

Thursday nights from 6:00 until 7:00. All classes are now being held in the cafeteria at the Hampshire County Special Services Center, which is located in the Industrial Park north of Romney on Route 28. To find the Special Services Center, turn onto Industrial Park Road and after driving approximately 100 yards, take the first left. The Special Services Center is the first building on the right. Access to the cafeteria and parking are in the back of the building.

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. Logan Hill 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 is 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

**Hobbies** Adventure Games **Sports**  
Nature Walks  
*Daydreaming ...*

“Recreation brings quality to life.”

## Hampshire County Parks and Recreation

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