



## March 2018 Newsletter

### Gary Crane Cup



The pursuit of the Gray Crane Cup for 2018 begins on Tuesday, April 10, when we travel to Cacapon State Park in Berkeley Springs for the first of our six qualifiers. The cost for 18 holes of golf with a cart will be just \$20, and the first tee times begin at 1:00 p.m.

The format for the competition will be the same as last year. 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. Carrol Link (gross) and Glen Spaid (net) are the defending champions.

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. Now that's a deal I know you don't want to miss!

### Lord of the Ring Wrestling Tournament



Our seventh annual Lord of the Rings Youth Wrestling Tournament, which was held February 17 at Hampshire High School, was a rousing success. All totaled, we had nearly 300 wrestlers

participate in over 50 different age and weight classifications. The competition was intense, and the wrestlers and fans were passionate yet sportsmanlike throughout the day.

As is the case with nearly all our programs and events, we couldn't have done it without our many sponsors and the army of volunteers who manned the scoring tables, supervised the hospitality room, hauled and installed the mats, and sold tickets and tee shirts. Special thanks go out to our two Hampshire Mat Club coaches, Justin and Aaron Whitacre. They have spent countless hours running practice and coaching at tournaments this season.

Also, many veterans of all seven of our open tournaments were there the entire day, doing

whatever needed to be done. Without the assistance of John Lambert, Dickie Stanley, Ronnie and Kelly Odom, Ed Hardinger, Steve Swisher, and many others, we couldn't have pulled it off. Thanks for your dedication to the youth not only in our county but across the entire area.

**Christmas Festival of Lights Fund Drive**



The Christmas Festival of Lights Fund Drive is over for 2018, and thanks to the generosity of our community, we were able to order several new additions to the displays. Factoring in the \$5,000 contribution from the HCP&R Board, we raised a total of \$11,675 from 25 different donors in this year's Drive.

We ordered the 12'x18' welcome sign that will be placed beside the entrance road to Central Hampshire Park, and we also purchased a 7'x14' pre-lit tree for the area above the amphitheater. The remaining money that we collected will go for a few more displays to add to scenes that we already have, for rope lights to decorate more of the trees, and for electrical upgrades.

If you wanted to contribute but forgot to do it, we are still accepting donations. Contributions of any size are appreciated. If you just want to send in \$5 or \$10, every donation helps make the

Festival that much better in 2018. And we'll list every contributor, no matter how big or how small the donation, on our website, [hampshirecountyparks.com](http://hampshirecountyparks.com)

Contributions may be mailed to HCP&R, P.O. Box 213, Romney, WV 26757, or delivered to the HCP&R Office at 90 North High Street any weekday between 9:00 and 1:00. If you'd like us to pick up your contribution, give us a call at (304) 822-7300, or email us at [hampshirecoparks@hotmail.com](mailto:hampshirecoparks@hotmail.com), and we'll make the necessary arrangements to come and get your donation at your home or place of business. Thank you for your support of this project!

**South Branch Valley Bluegrass Festival and Fireworks**

The tenth annual South Branch Valley Bluegrass Festival and Fireworks will be held on Saturday, June 30, 2018, 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 Larry Cordle and his band, Lonesome Standard Time. Joining Larry on the stage will be Lonesome River Band, Sideline, Bud's Collective, and two more local bands.

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!



## **Walk To Be Fit Program**

With the recent break in the weather, our thoughts have turned to getting some exercise to work off those extra pounds we gained over the past few months. Well, the Walk To Be Fit

Program is scheduled to begin on April 1, 2018, just in time to get you going on a new exercise regimen.

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. Prizes for reaching those milestones will include tee shirts, backpacks, duffel bags, water bottles, sports towels, a 30-ounce insulated tumbler, and a great cooler bag. 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.

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.



If indoor exercise is more to your liking, HCP&R offers 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.

## Disc Golf Course at Camp Walker



When planning your 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!

## Pavilion and Park Reservations



On Tuesday, January 2, HCP&R began taking pavilion and park reservations for

the 2018 season. The rental season extends from April 15 through October 15, 2018. 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 (\$75 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.

## 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!



“Recreation brings quality to life.”

### **Hampshire County Parks and Recreation**

**P. O. Box 213**

**90 North High Street**

**Old Jailhouse Building**

**Romney, WV 26757**

**PHONE: (304) 822-7300 FAX: (304) 822-4460**

**EMAIL: [hampshirecoparks@hotmail.com](mailto:hampshirecoparks@hotmail.com)**

**WEBSITE: [hampshirecountyparks.com](http://hampshirecountyparks.com)**

**OFFICE HOURS: Monday-Friday--9:00 a.m. to  
1:00 p.m.**

