



APRIL 2018 NEWSLETTER

Gary Crane Cup Golf Competition



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.

The remaining schedule for our qualifiers will be as follows: May 8- The Woods; June 12- Franklin; July 10- The Pines in Morgantown; August 14- Locust Hill; September 11- 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. Now that's a deal I know you don't want to miss!

Walk To Be Fit Program



Spring is finally in the air, and our minds are turning to outdoor activities. The Walk To Be Fit Program is scheduled to begin on Easter Sunday, April 1, 2018, just in time to get you going on a new exercise regimen for this spring.

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 have earned 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.

Disc Golf Course at Camp Walker



The weather is 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.** How can you pass that up?

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 2018 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, 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.



Hampshire County Field Day



Hampshire County Parks and Recreation's fourth annual Elementary Field Day has been tentatively scheduled for Wednesday, May 30, 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. The Romney Elementary Bulldogs are the defending champions.

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 30 and check it out.

South Branch Valley Bluegrass Festival and Fireworks

HAMPSHIRE CO. PARKS & RECREATION
10TH ANNUAL
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JUNE 30th 2018
Wapocoma Campground

Larry Cordle & Lonesome Standard Time
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Sideline

For Camping Info Contact:
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FOR MORE INFO CALL: 304-822-7300 bluegrass.hampshirewv.com or hampshirecountyparks.com

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!

Kettlebell Classes



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.



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



Pavilion and park reservations are in full swing 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.

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.”

Hampshire County Parks and Recreation

90 North High Street

Old Jailhouse Building

Romney, WV 26757

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

EMAIL: hampshirecoparks@hotmail.com

WEBSITE: hampshirecountyparks.com

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



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