



JULY 2018 NEWSLETTER

South Branch Valley Bluegrass Festival and Fireworks



Despite the scorching temperatures, the tenth annual South Branch Valley Bluegrass Festival and Fireworks was a big success. The entertainment lived up to its

billing as one of the premiere Bluegrass events on the East Coast.

For the second consecutive year, we were fortunate to have a true Bluegrass legend perform on the Wapocoma stage. As was the case last year with Doyle Lawson, Larry Cordle proved once more why he is so highly regarded in the Bluegrass world. 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, and every other performer at the Festival stopped whatever they were doing to listen to Larry while he performed, and his legion of fans beamed with delight as they sang along with each of his tunes.

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 had the privilege to work with. 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, Christy Hicks, or Bruce Nicholson, take a minute to thank them for all their hard work.



Disc Golf Course at Camp Walker



If you're looking for an inexpensive family outdoor activity, don't forget about the Camp Walker Disc Golf Course. The trees are out, and the course is in great shape. We re-painted the tee marker posts for each hole and cleared some fallen branches that had accumulated over the

winter and spring. We also re-stocked the scorecards, pencils, and course maps, all 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.

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?

Gary Crane Cup Golf Competition



It's hard to believe that we are looking at July already, but the fourth qualifier for the 2018 Gary Crane Cup will be held on Tuesday, July 10, at a new venue for this year, The Pines Country Club, which is

located at 3062 Point Marion Road in Morgantown. The cost for eighteen holes of golf with a cart will be just \$40, and the first tee times will begin at 1:00 p.m. and follow at ten-minute intervals. If you've never played the Pines, you're in for a real treat. It truly is one of the great courses in West Virginia.

If you're interested in joining the group, 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.

The remaining schedule for our qualifiers will be as follows: July 10- The Pines in Morgantown; August 14- Locust Hill in Charles Town; September 13- 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 some of the area's best golf courses.

Yoga Classes at Central Hampshire Park



HCP&R will offer beginner-friendly Yoga classes on Saturday mornings from 9:00

until 10:00 a.m. at the amphitheater at Central Hampshire Park. The classes will be taught by 200-RYT Yoga and Meditation Instructor Terri Ward. The fee will be \$5 per class.

The schedule for classes will be as follows: July 7, 21, and 28, and August 11, 18, and 25. The instructor has a limited number of mats and blocks, so participants are encouraged to bring their own equipment, if possible. Even if you've never tried Yoga before, take an hour out of your busy schedule to spend some relaxation time on yourself.

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

Summer Fun

Saturday in the Park



Hampshire County Parks and Recreation is proud to announce its fifth annual Saturday in the Park, which will be held on August 11 beginning at 10:00 a.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. Events for teens and adults will be as follows: 10:00- Three-on-Three Basketball and Horseshoe Tournaments; 1:00- Cornhole Tourney.

Kids' activities will start at 11:00 a.m. 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.

We will have a huge Water Slide and Bouncy House for the kids from 1:00 until 3:00. Kids may come at any time during those two hours and stay as long as they want to enjoy the fun.

A free lunch for everyone, which includes a hot dog, chips, a cookie for dessert, and a drink, will be served from noon until 1:00 p.m.

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!



Walk To Be Fit Program



The Walk To Be Fit Program officially began on April 1, 2018, and walkers are busy piling up the miles. If you haven't registered yet, don't worry. You still have plenty of time to get with the program because it runs until October 31.

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.

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 \$38, which is a considerable savings from the normal \$68 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.



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.



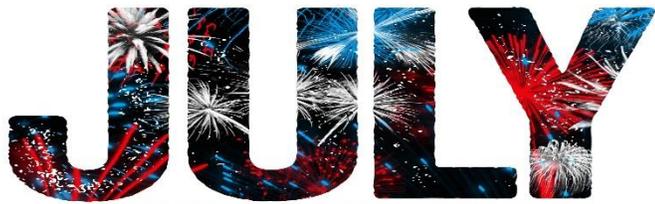
Adult Open Gym Basketball



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

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 (\$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.

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.

