



## Fayette County Programs

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<a href="#">Check out the Oak Hill Physical Activity Group on Facebook to see what's happening near you!</a>	8:30am-Mount Hope Walking Group @ DuBois on Main	8:30am-Mount Hope Walking Group @ DuBois on Main	8:30am-Mount Hope Walking Group @ DuBois on Main		8:30am-Mount Hope Walking Group @ DuBois on Main 6pm-Fayetteville Trail Running/Walking Group @ Park Loop Trailhead	9am-Trail to a New You Walking Group @ Midland Trail High School Track

For cancellations check our website calendar at [activeswv.org/events](http://activeswv.org/events) or Active Southern West Virginia Bulletin Board Facebook group.

### Run 4 West Virginia 5K Saturday July 16<sup>th</sup> @ 8am

**Join us to raise funds to help the victims of the floods in West Virginia.**

We will be running/walking a 5K on July 16, 2016 at 8:00am at the YMCA Soccer Complex in Beckley to help raise money for those affected by the flooding. Some lost loved ones, some lost their houses, some lost everything.

We ask that everyone find an organization to send a donation of at least \$20.00 to and then run or walk the 5K that morning either with us or if you can't run with us do the run virtually on your own. For more information, visit <https://www.facebook.com/events/906303912825204/>.

**Hosted by Active SWV Community Captain and Run Coach Missy Burleson**

**Powered by Active SWV.**

If you want to start a group in your community or have any questions, please contact us at [Becka@activeswv.com](mailto:Becka@activeswv.com) or 304-254-8488.

Connect to us on Facebook: Active Southern West Virginia

Instagram & Twitter: @activeswv