



Active Southern West Virginia in partnership with West Virginia Action for Healthy Kids, Beckley-Stratton Middle School, Woodrow Wilson High School, and the YMCA of Southern West Virginia invite everyone to attend this free Beckley City-Wide Walk/Run event on April 29th in addition to the YMCA's Healthy Kids Day with youth activities at the YMCA Paul Cline Memorial Youth Soccer Complex.

Event: Beckley City-Wide Walk/Run (1 mile or 5K) and YMCA Healthy Kids Day (youth activities)

Date: April 29th; 1pm-3pm

Location: YMCA Paul Cline Memorial Youth Soccer Complex

FREE

Vendors are invited to set up and display products and services that promote a healthy lifestyle. For more information please contact Vickie Webb at vwebb@k12.wv.us.

Team signups are encouraged! Create your school or business team to walk or run together. The team with the most members will be awarded.

Schedule of events:

12:30am: Vendors set up

1:00pm: Walk/Run registration opens and YMCA Healthy Kids activities will be open

1:20pm: Walk/Run group photo and National Anthem

1:30pm: Walk/Run starts for both 1 mile and 5K distances

2:30pm: Largest walk/run team will be announced and awarded

3:00pm: Event closes.

Healthy Kids Day is the nation's largest health day for children and families. Ys across the country host and celebrate this day dedicated to promoting education, activities and experiences that teach good health and foster connections through fitness, sports, fun and shared interests, so youth and families in 10,000 communities achieve greater health and well-being for their spirit, mind and body.

For more information about the YMCA Healthy Kids Day, contact Ryan Gilkerson at 304 252 0715 x 322, or by e-mail, ryan.gilkerson@ymcaswv.com.

Active Southern West Virginia provides free physical activity community programs throughout Raleigh, Fayette, Summers, and Nicholas Counties. You can view our free program schedule at: www.activeswv.com/events.

For more information about the Walk/Run, contact Melanie Seiler with Active Southern West Virginia at melanie@activeswv.com

West Virginia Action for Healthy Kids mission is to enhance the nutrition and physical activity opportunities in West Virginia's schools to promote student health and learning. This event supports Every Kid Healthy Week.

<http://www.actionforhealthykids.org/in-your-state/west-virginia/welcome>