



E-NEWSLETTER

March 2014



Register Online for the March For Parks!

Online Resources: [Online Registration](#) ● [2014 Brochures & Flyers](#)
[Contribution Form](#) ● [Team Captain's Handbook](#)

The 2014 March For Parks will be three times the fun! We are expanding the March to three different locations this year: Cedar Creek Park in Belle Vernon, the Turtle Creek Rail Trail in Murrysville, and Twin Lakes Park in Greensburg. All Marches will be held on Saturday, March 29, 2014 – this is your chance to show your support for Westmoreland County Parks and Trails!

The event is presented by the Westmoreland County Parks and Recreation Citizens Advisory Board and is sponsored by Excela Health, UPMC Health Plan, Pat and Lynn Gurrentz, Labor United Celebration, Sunoco, and Murrysville SportZone. Event hours are 9:00am to 12:30pm.

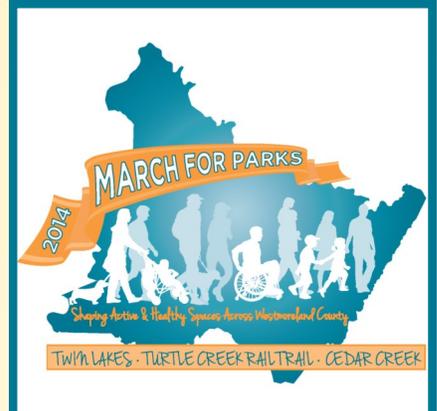
The theme of the 2014 March for Parks is 'Shaping Active and Healthy Spaces Across Westmoreland County.' The Westmoreland County Parks Citizens Advisory Board is currently working on projects that encourage active and healthy lifestyles! Future projects include completing the third phase of the Twin Lakes Park Expansion project to build a dek hockey rink and amphitheater; Cedar Creek Park improvements, including a dog park and RC Airfield improvements; and the purchase of the Turtle Creek Railroad corridor to construct a walking, hiking and biking trail. The money raised at past Marches has really made an impact in the community and will fund active recreation facilities for your County parks and trails!

Prior to the event, marchers collect monetary contributions to support the March. Those marchers who collect \$25 or more will receive a t-shirt. Marchers that collect over \$150 or more will receive a gift card. The more funds you raise, the more your gift card will be worth!

Walkers and runners may participate as individuals or teams. Any group of three or more people can be a team. Organize your friends and family, school, place of worship, company or community organization. Complete the team information when you register to become eligible for awards – we will honor the top 10 fundraising teams from all three Marches!

There will lots of fun activities at all three Marches! Tasty food and snacks, prizes, raffles, music and more! Come and enjoy lots of fun entertainment at all locations. We will announce the top fundraising teams at the end of the March, as well as the total amount raised! Come and show your support for your community at the March For Parks - there will be fun things to do for everyone!

Registering online is the easiest way to sign up for the March. Just visit www.co.westmoreland.pa.us/parks. To receive a registration form by mail, call (724) 830-3950. Join in the March For Parks and help us keep Westmoreland County healthy and active!





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Westmoreland County Senior Games, May 6-16

- Online Resources: [Senior Games Web Page](#) • [Registration Brochure](#)
[Schedule of Events](#) • [History of the Games](#)

Come and join in the fun of the Westmoreland County Senior Games! The slogan of the Games is to “bring a friend for fun and fitness,” and anyone over 50 is more than welcome to participate! For over twenty years, the goal of the Senior Games is to encourage an active lifestyle and continued participation in recreational activities beyond age 50. There are so many Olympic-style events to participate in such as bocce, bowling, cycling, golf, horseshoes, running and swimming.

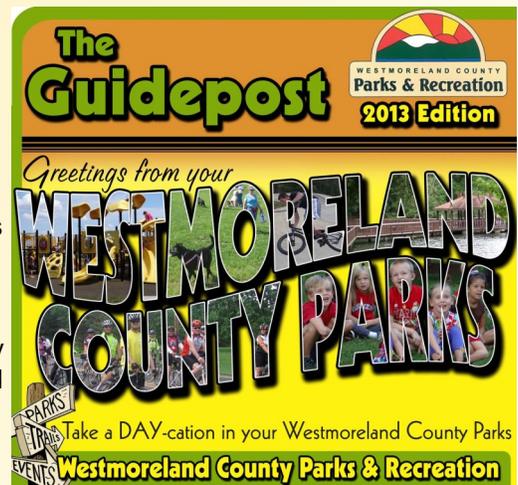


The 2014 Senior Games will take place May 6-16 at Mammoth Park and several other central Westmoreland area locations. Anyone age 50 and over is eligible to participate! Registration cost is \$10. Medals will be awarded to the top three finishers of each event in each age bracket. There will be an awards ceremony at the conclusion of the games, and all athletes are encouraged to attend.

The Westmoreland County Senior Games are sponsored by Harmon House, Greensburg Care Center, UPMC For You Advantage, Key Care Home Health & Hospice, 1480 WCNS Radio, Senior Helpers, Super Valu, Homewell Senior Care, and SeniorLife. To receive a registration booklet, call the Westmoreland County Bureau of Parks and Recreation at (724) 830-3950.

Purchase an Ad in the "Guidepost"

Looking for a great way to feature your business or organization to an audience of over 100,000? Then purchase an ad in Westmoreland County Parks and Recreation's full-color guide, the "Guidepost!" The "Guidepost" is a 28-page, color guide distributed annually in the Tribune-Review. Over 100,000 copies will be distributed on April 22 in the TRIB, Valley Independent, Valley News Dispatch, as well as the Latrobe Bulletin.



The Bureau of Parks and Recreation is only able to publish the "Guidepost" with the support of our business advertisers. Why advertise with us? The "Guidepost" has a long shelf-life; people hold onto the "Guidepost" for months as a quick guide to upcoming Westmoreland County Parks events and fun summer activities.

Call (724) 830-3962 for more information. Ads start at \$245.

Deadline for ad space is April 1. Please support Westmoreland County Parks by purchasing an ad. Help us let Westmoreland County residents know what's happening in their parks!

3rd Annual Westmoreland Yough Trail Chapter Run/Walk on May 10

The 3rd Annual Yough River Trail Run/Walk is coming up on Saturday May, 10th. Hopefully, the snow will be melting soon, so get those running shoes out! Registration is through active.com or forms are available at the West Newton Station and the WYTC website. Registration will be at the King Trail Access; parking available near the West Newton Station at 111 Collinsburg Road, West Newton, PA 15089. Register online here: www.active.com/west-newton-pa/running/distance-running-races/yough-river-trail-5k-10k-and-2-mile-fun-run-2014