

what's up WESTSIDE

a quarterly update of
events and resources



photo courtesy of WV Alliance of Recovery Residences



Glow Run 4 Recovery 5K — October 19, 4-10pm at Magic Island!

FALL 2024

issue no. 8

westside outdoor activities



LOVE UR BLOCK

Recruit some neighbors to do monthly clean-ups
Plant Porch Gardens
We provide a kit to get you started!

Upcoming Socials
1st Thursday of the Month
6-7:30 PM

Clean-Ups
Sept 7 & Oct. 26
9 AM - Noon

West Side Swap Meet
Sept. 14
8 AM - 2 PM

SCAN 

WWW.WESTSIDENEIGHBOR.ORG



Beatrice Street Park
1214 Washington St W
Two basketball courts, picnic tables, and a playground

Bigley Park (James L Hudson Senior League Field)
1461 Bigley Ave
Baseball fields and batting cages

Cato Park
200 Baker Ln
Outdoor pool, playground, 36-acre golf course, bicycle pump track, dog park, soccer field, picnic areas, hiking and biking trails, and a NEW bicycle repair station

Edgewood Tennis Courts
Washington St W and Edgewood Dr
Two fenced in tennis courts

Kanawha Boulevard West Bike Path
Kanawha Blvd W (Magic Island to Patrick St)
Two-lane bike path and walking lane with views of the Kanawha River

Magic Island Park
101 Kanawha Blvd W
Walking path, splash pad, playground, volleyball courts, and grass field

North Charleston Community Center
2009 7th Ave
Multiple softball fields, outdoor basketball court, seasonal pool, dog park, and two play areas/playgrounds

Second Avenue Community Center
1411 2nd Ave
Outdoor basketball court, bleachers, playground, and concrete play area

Skate Park of Charleston
106 Pennsylvania Ave
Half pipes, quarter pipes, and a spine, a street section with rails, a pyramid, and "fun box"

Walter E. Moore Memorial Park (Westmoreland Playground)
Westmoreland Dr and Whitney St
Playground with slides, climbing ladders, jungle gym, picnic table, bench, and small basketball court

see the full list
@ westside together.org




Charleston's Glow Run 4 Recovery 5K: A Vibrant Celebration of Support

by Amanda Barber



photo courtesy of WVARR

Supporters of the recovery community will illuminate Charleston's Westside with hope and camaraderie at Glow Run 4 Recovery 5K on Saturday, Oct. 19, from 4 p.m. to 10 p.m.

For its sixth year, West Virginia Alliance of Recovery Residences (WVARR) will host the event at Magic Island Park to include a 5K race, dance party, foam slip and slide, and other family-friendly activities.

Founded in 2018, WVARR works to reduce the stigma surrounding addiction and ensure people have access to safe, high-quality recovery housing.

Autumn McCraw, the Recovery Housing Program Coordinator for WVARR, first got involved with WVARR by volunteering for

Glow Run. Autumn says the event was designed to show people that sobriety is fun. The event has attracted over 500 participants annually, including more than 300 registered runners.

"The first year was like literally just an event to get everybody together, and then it just started absolutely growing beyond our wildest dreams," Autumn says.

In addition to the 5K, there will be a DJ playing jams, glow dance party, foam slip and slide, Kids' Fun Run obstacle course, new bubble slide, and a new all-ages costume contest! Individuals in recovery can participate in a pre-event art contest for the official Glow Run T-shirt design.

The Glow Run provides people in recovery a fun way to incorporate fitness into their sobriety. Kanawha Valley native Frank Latimer has been sober since Aug. 6, 2016, and enjoys using exercise as a tool to maintain a balanced lifestyle and wellness.

"Fitness has become a form of meditation in many ways and helps me to clear my mind, release good chemicals in a healthy way, and to stay fit," he says. "Sometimes it helps meet new people who are doing positive things as well. I enjoy running, playing sports, and working out when my schedule allows me to."

At last year's race, he placed first amongst registered participants in recovery and first in his age group. Frank gets especially excited about bringing his children to play and be involved.

"I always enjoy it, as do the kids," Frank says. "The foam! The dancing! It's a blast."

Autumn encourages anyone to participate, volunteer, or set up a resource table at the event. She further highlights the importance of Glow Run, noting that its goal of reducing stigma is important within the Westside

community where the event has always been held.

"Part of the event's goal is to reduce stigma and show what recovery looks like," Autumn says. "... We want to bring hope and community and community building to that side of Charleston that has been so heavily stigmatized over the years,"

To learn more about how to get involved in the event, email Autumn McCraw at autumn@wvarr.org. For more information on WVARR and its list of certified recovery residences, visit wvarr.org.



read the full story
@ westside together.org



photo courtesy of WVARR

Best of the West
AWARD



photo by Rafael Barker



nominate the next!

& read the full story
@ westside together.org

2024 Summer

Cydney Mason was presented with the "Best of the West" award at the Westside Collaborative Meetup this summer. Cydney, a Child Support Supervisor for the WV Office of Constituent Services, is also an active community leader and parent.

She's a parent representative on the board for the Bob Burdette Center and is highly involved with the afterschool program which her twin children Ashtyn LaRee and Ayden LaMonte attend. When asked about what she loves most about the Westside, Cydney says it is the sense of community.

"Because of the camaraderie and love, it's like we're always open with open arms. Like the Westside could just give anybody a big hug. ... It's like we're open, and you're accepted. ... It just takes the right people, the right organizations," Cydney Mason said.

what's happening?

Free Food Pantry
3rd Saturdays | 11pm
SEP 21 | OCT 19 | NOV 16
John 6 Community Food Center
@ 523 Central Ave



Kick Off to Recovery with WV Sober Living
Tue, Sep 1 | 3-8pm @ Kanawha Blvd W
Magic Island Park



Westside Community Health Fair
Sat, Sep 7 | starts at 11am @ Kanawha Blvd W
Magic Island Park



National Voter Registration Day with Our Future WV
Tue, Sep 17 | 9am-6pm @ TBD
TBD



United Way Day of Caring
Wed, Sep 18 | 9am-3pm @ ALL OVER & Virtual
learn more at unitedwaycww.org/day-caring



OktoberWest with Charleston Main Streets
Sat, Sep 28 | 5:30-7:30pm @ 100 Quarrier St
Beni Kedem Temple



Glow Run For Recovery 5K with WVARR
Sat, Oct 19 | 4-10pm @ Kanawha Blvd W
Magic Island Park



EnAct Brain Bowl Fundraiser
Thu, Oct 24 | 5:30-7:30pm @ 100 Quarrier St
Beni Kedem Temple



Earl Wilson Community Thanksgiving Dinner
Tue, Nov 26 @ TBD
Keep Your Faith Corporation

MORE EVENTS...
westsidetogether.org/events



Kung Fu Sun | 1pm
Tai Chi Sun | 2pm
Universalist Unitarian Congregation
@ 520 Kanawha Blvd W



Tour & Talk Tuesdays
5:30-6:30pm
SEP 17 | OCT 29 | NOV 12
Westside Health Center
@ 303 Ohio Ave
by Cabin Creek Health Systems



WEST VIRGINIA **Health Right** 511 Central Ave
CommUNITY Wellness Center

DANCE CLASSES

Tue 4:30pm - Modern Dance (ages 6-10)
Tue 5:00pm - Ballet (ages 3-5)
Tue 5:30pm - Ballet (ages 6-10)
Tue 6:15pm - Tec Style Hip Hop Fitness
Sat 10:00am - Tec Style Hip Hop Fitness

COOKING CLASSES

Thu 1pm & 5pm - Stealthy Healthy



North Charleston Community Center

2009 7th Ave | 304-348-6884



Mon-Fri 9am-9pm
Sat 9am-5pm

WEEKLY ACTIVITIES

Pickle Ball for Adults - Mon-Fri 9:00am-12:00pm
Women's Open Runs Basketball - Tue 6:00pm-8:00pm
Teen's Open Runs Basketball - Wed 6:00pm-8:00pm
Men's Open Runs Basketball - Thu 6:00pm-8:00pm
Socializing Through Play - 3rd Wed 11:00am-12:00pm
Pick Up Volleyball - Sat 9:00am-12:00pm



WESTSIDE TOGETHER
westsidetogether.org

share your memories with

#westsidecww



send to contribute to the next issue!
whatsup@westsidetogether.org

What's Up Westside is produced by Westside Together & community