

WRC

Winfield Recreation Commission

June 2024

Fitness Classes ♦ Youth Classes ♦ Memberships ♦ Events ♦ Party Rentals ♦ Sports Leagues ♦ Indoor Pool ♦ Open Gym

FREE Admission for the first
100 People

Hotdog Night with the MOOS

FRIDAY, JUNE 21ST 6:00PM

Broadway Sports Complex

FREE Hotdogs, chips and drink



ENJOY MUSIC OUTDOORS!

PICNIC AND MUSIC IN THE PARK

FOR THE ACTIVE ADULTS, 55 +
Friday, June 14th at 6:30pm

Join us for a picnic and music in the park. Active Adults 55 and older. We will provide hamburgers, brats, and drinks. Participants, please bring a side dish. After the picnic stick around for music from the Winfield Municipal Band.
*don't forget your chairs!



WINFIELD RECREATION COMMISSION

PARENT/CHILD



GOLF SCRAMBLE

Youth Participants must be high school age or below and adults must be a parent, grandparent or legal guardian.

June 23rd • 1:30pm
Quail Ridge Golf Course

Age divisions will be determined by registrations. Entry fee is \$60 per team. Prizes will be awarded for top teams in each division.

For more information visit our website at www.winfieldrec.com * Pre-Register for event by calling the WRC at 620-221-2160

Upcoming Events Calendar

DUCK JAM	JUNE 6
JUNE BUG JOG & RIDE	JUNE 8
ACTIVE ADULT PICNIC & MUSIC IN THE PARK	JUNE 14
WRC HOTDOG NIGHT W/ MOOS	JUNE 21
PARENT/CHILD GOLF SCRAMBLE	JUNE 23
END OF SEASON BASEBALL/SOFTBALL PARTY	JULY 18
ADULT CO-REC SOFTBALL TOURNAMNET	JULY 27
POOCH PLUNGE	AUGUST 19
JOE THORNTON SCHOLARSHIP GOLF SCRAMBLE	AUGUST 24



Health and Wellness • Stretching to keep healthy

Stretching before your workout will help you avoid injury when running on or off the treadmill. These exercises are designed to work on the major muscles involved in running.

Here are a few hints that will make stretching before running more effective:

1. Avoid stretching cold muscles, When muscles are cold, it's easier to tear the muscle fibers.
2. Walk or jog 5 minutes to get blood to the area, wear sweatpants or tights and try to stretch where it's warm.
3. Always stretch to the point of discomfort, not pain.
4. Breathe comfortably and let the muscle group relax. As it relaxes, it will stretch.
5. Hold each stretch for 30 to 45 seconds.
6. Don't overdo it. Remember, it is supposed to help you run better not be a challenge in and of itself.

Splits: This stretch will help to keep your adductors in shape. Set your feet parallel and spread them as far apart as possible. Fold your arms at the elbows, and bend forward while trying to reach the ground with your folded arms. Make sure you don't pressure your lower back.

Bent Overhang: To avoid shortening both your stride, the Bent Overhang stretches your hamstrings— the most important

muscle group involved in running. This stretch will also loosen your lower back muscles. To perform this stretch, bend over at the waist and hang your fingers towards your toes, relaxing your neck muscles and letting your head hang.

Lunge: This stretch has two goals. It will loosen both your hip flexors and your groin muscles— muscle groups that are vital to fast running as well as hills or a high incline setting on the treadmill. Hip flexors are stretched by keeping the toe of the trailing leg pointed straight down as you drop your knee to the ground with your hands next to your forward foot. Groin muscles are stretched by turning your foot in so that the inside edge is flat against the ground.

Stork: Loosening your quadriceps will increase your back kick and lengthen your stride. By stretching the quads, you help the hamstrings pick up your heels as you toe off. Balance on one foot or hold onto a nearby object and keep your knee pointed down with your torso perpendicular to the ground. By keeping your grip at the toes, you will also stretch your shin muscles.

Heel Drop: Loose calf muscles will help prevent Achilles tendinitis and take some of the burden away

from your shins as you bring your trailing leg forward when running. Stand on a curb, a step or the edge of your treadmill and drop your heels just to the point of discomfort. Relax your calves. Your heels will move closer to the ground as your calves stretch. Your calves, Achilles tendon and shins will thank you for this stretch.

TOP 10 FC Members May

1. Viengxong Intha
2. Lance Austin
3. Ashley Chastain
4. Megan Harris
5. Alex Markus
6. Sheryl Clower
7. Tri Nguyen
8. Alfredo Cuevas
9. Traiton Suttles
10. Torrie Thiel

Pesto Pasta Salad

1. Bring a large pot of lightly salted water to a boil. Add pasta (16 oz bow tie) and cook until al dente, 8-10 mins; drain
2. Heat oil (1tsp) in a large skillet over medium heat. Saute garlic (2 cloves, minced) until tender, then stir in chicken (2 boneless, skinless cut into bit sizes) and season with red pepper flakes (1 pinch or to taste) cook until chicken is golden brown and cook through.
3. Combine pasta, chicken, pesto (1/2 c.), and sun-dried tomatoes (1/3 c. oil-packed, dried and cut into strips) in a large bowl, toss to coat evenly.

Commit to a 5K to motivate you to train. You just may find out the energy of the supportive crowds really motivate you to keep jogging – long after the race.



**Wellness
Director**

Tyler Osborn
624 College

**Fitness Center
Supervisors**

**Kyle Larsen
Christy Wiebe
Lance Austin**

Did You Know?

WRC REC ALERTS

During the summer, it is not unusual for activities to be cancelled due to unpredictable summer storms. The quickest way to receive notification of any cancellation is by signing up for the WRC Rec Alerts. This will send alerts directly to your phone by text or you can choose to receive notifications by e-mail. Visit winfieldrec.com and select the Rec Alerts Button or the Cancellations Tab on the Homepage. Call for questions.



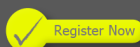
Helpful Information - - - - -

Online Registration

The WRC has ONLINE registration for most activities, youth & adult. The online enrollment option makes it convenient for our customers to sign up for adult aerobics, youth classes, & youth sports leagues at any time of the day!

Instructions

1. Go to Winfieldrec.com
2. Select
3. Create Account



* Keep in mind, once a new session has officially begun, online registration for classes is turned off that way we can monitor if those taking a class have paid or not. At that point we recommend calling or visiting office.

WRC TEXT ALERTS

Sign up for text alerts to receive immediate notifications of any weather cancelations, important notices, deadlines, etc. Text alerts are the quickest way to receive all notices and they can be customized by category.



Social Media



@winfieldrec2160



Facebook.com/
winfieldrecreationcommission

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Source: All Newsletter Articles Written & Edited by Elizabeth Lanier & WRC Staff