

Name and Contact**Description****W.A.C.K.O.s for Wellness**

W.A.C.K.O. does not mean what you may think! It stands for West Grove, Avondale, Cochranville, Kennett and Oxford! This group is for people who want to walk, talk and meet others who are health-conscious.

We meet every Saturday at 8:30 AM in West Grove at Goddard Park and every Tuesday evening at 7 PM at Anson B. Nixon Park in Kennett Square. We walk for approximately 1-2 hours. We meet rain or shine (unless there is lightening).

Compeer ChesCo Movers

Donald Altemus

132 Church Farm Lane

Exton, PA 19341

Phone: 267-235-7230

Website: www.CompeerChesco.org

Compeer ChesCo Movers will meet at the Exton Park entrance of the Chester Valley Trail on Mondays at 1PM. On days when it's raining or the temperature is below 32 degrees or above 80 degrees, we will meet at the Exton Square Mall inside the entrance in between Main Line Health at Exton and The Red Star Craft House. Both the Chester Valley Trail and the Exton Mall are accessible and we welcome movers who are walking or wheeling. Chester Valley Trail is also able to accommodate bikes and movers on bikes are welcome to join us as well. For questions about whether we are meeting at the trail or the mall, call or send a text to (267)235-7230.

Compeer ChesCo Movers is a group created by Compeer Chester County to facilitate overall wellness through movement. Compeer Chester County is an organization that matches individuals in mental health recovery with a volunteer in a one-to-one friendship. We're always looking for volunteers who are interested in being a friend to someone in recovery. If you'd like to learn more about Compeer, our mission and the possibility of volunteering, please visit our website.

Chester County Red Rovers

Jeanne Marie Clancy

230 Second Avenue

West Chester, PA 19382

Phone: 484-432-8541

Website: <http://www.redroverswalk.org/>

The Chester County Red Rovers is open to anyone who is interested in walking for fitness and fun. We are one of over 300 clubs in the US (10 in PA) and in over 40 countries worldwide.

West Chester Running Company

West Chester, PA 19382

Email: westchesterrunning@gmail.com

Website: <http://dubcrunningclub.com/>

We are not actually a store or a company– We are an active, social and fun group of runners whose abilities range from newbies training for their first 5k, to folks training for their twentieth marathon. If you are a runner in the area looking to improve, you should consider joining us, as the group always will make you stronger. We are relaxed in our training and you can always find a group to run with that fits your pace. Join us every Tuesday morning at 5:45am at the Henderson Track for our group workouts (we run hills from January – March on Biddle and High Street).

All Kinds of Fast Phoenixville

214 Bridge St

Phoenixville, PA 19460

Phone: 484-924-9203

Website:

Group runs every Wednesday and Saturday

<https://www.northwalesrunningco.com/>

Birds Meetup - Kennett Square

Kennett Square, PA 19348

Website:

https://www.meetup.com/meetup-group-OcERmrgt/?_cookie-check=ui51Xz4ULWXdQxm

This is a group for anyone interested in birding and hiking. Run by the education department at The Land Conservancy for Southern Chester County, who hosts a variety of birding programs all throughout the year.

Chester County Get Out and Move!

Phoenixville, PA 19460

Website:

<https://www.meetup.com/Chester-County-Get-Out-and-Move/>

Join us every Tuesday at 9AM for our weekly walk/jog on the Chester Valley Trail; we start at the Wegman's parking lot in Malvern. We can park in The Pub side lot and choose whether to head north or south on the trail that is right next to the parking lot. Plan for 45 minutes to an hour of exercise to accomplish a few miles out and back. (If you're new at exercising you can walk awhile, rest awhile and we'll catch you on the way back). Moms are welcome to bring kids in strollers or children on bikes or rollerblades since the trail is paved. We leave promptly at 9:03AM so feel free to come early to chat, but if you're late you'll have to walk fast to catch us.

Chester County Running Store

24 S High St

West Chester, PA 19382

Website: <http://www.runccrs.com/>

Training Runs: Monday 5:45am "Fun" Group run of 4-8 miles around town from the store. We keep a 8:00-9:00 pace. Tuesday - 5:50am Track workout at Henderson high school – all abilities are welcome Wednesday - 5:45am "Fun" Group run of 4-8 miles around town from the store. We keep a 8:00-9:00 pace. "Wednesday Knights" - 6:30pm 4-8 Miles run plus burgers at Side Bar afterwards. Stay for a drink. Thursday - 5:40 am meet at New & Ashebridge Streets for an 8-Mile loop. Friday - 5:30am Track workout at Henderson High School – all abilities welcome! This is our second workout of the week and we will alternate between strength and speed workouts. . Group warm-ups around church street starting at 5:00 am also Friday: "Fun" Group run of 4-8 miles around town from the store. We keep an 8:00-9:00 pace. Starts at 5:40AM Saturday - 6:00 am Meet at New & Ashebridge Streets for a run that starts off easy and gets rolling upwards of 15+ miles depending on the weather and group ability.

Chester County Trail Club

Leslie Spangler

West Chester, PA 19382

Phone: 610-436-5842

Email: GottaHike@aol.com

Website: <http://www.cctrailclub.org/>

Thursday afternoons 5-mile hike at Harmony Hill 1:15 pm. Meet at Skelp Level Road parking lot. Directions: From West Chester: West on Rt. 322, turn right onto Skelp Level Road, go 1.6 miles to the driveway on the left. Or, From Downingtown: East on Rt. 322, turn left onto Boot Road (Wawa is at the intersection). Then continue for approximately 0.6 miles. Turn right onto Skelp Level Road and continue for approximately one mile. The entrance to the Harmony Hill Nature Area (1200 Skelp Level Road) will be on your right. If you reach Winchester Trail, you went a little too far. Bring snack and water. In case of bad weather, please call Leslie before coming to the hike. Well-behaved dogs are welcome.

Coatesville on the Move

Coatesville, PA 19382

Phone: 610-383-4612

Website:

<http://www.coatesvilleonthemove.org/>

Coatesville On The Move wants to create a supportive environment in our community that seeks to improve the physical, mental, and spiritual health of its residents through the coordination of existing community resources.

Downingtown Running Company

135 E Lancaster Ave

Downingtown, PA 19335

Phone: 610-269-6700

Website:

<http://www.downingtownrunningcompany.com/>

Group Runs – All are welcome Saturday Morning Run Meet at store at 8:30 AM for run of varying distances on the Struble Trail.

Fast Tracks Valley Forge

Valley Forge, PA

Email: membership@fasttracksrunning.org

Website:

<https://fasttracksrunningclub.wildapricot.org/Club-Runs>

We invite anyone with an interest in running, regardless of age, experience, ability, or running goals to join us. Our commitment is to provide a welcoming environment for all runners.

Ghost Tours of Phoenixville

Phoenixville, PA 19460

Website:

<https://ghosttoursofphoenixville.wordpress.com/>

Fridays and Saturdays at 8pm in October. See website for meeting place.

Newcomers Club of Central Chester County

Downingtown, PA 19335

Email: sherrymcveigh7@gmail.com

Website:

<http://www.newcomerscencesco.org/>

Weekly walk on Fridays, 9am. Join us for exercise and conversation in beautiful central Chester County. We often have a bite to eat afterwards, which is optional. Weekly itineraries are sent via email on Wednesday for Friday's walk. We welcome out-of-town guests, prospective members, and friendly dogs. The distance is usually 3 to 5 miles. Locations include Route 322 paved walk in Downingtown, neighborhood in Exton, Struble Trail in Downingtown, and Eagleview. RSVP before 8 a.m. on the day of the walk.

North Wales Running Company

Phoenixville, PA 19382

Website:

<https://www.northwalesrunningco.com/faq.php>

Group runs are Tuesday and Thursday evening at 6:30PM. The group is usually fairly large, so there are a lot of pace groups. The range is usually from 6min/mile to 11 min/mile. The average distance run is 5 miles, although people will run shorter or longer depending on the time of year.

Warwick Walkers

Pottstown, PA 19365

Phone: 610-469-1916

Email: hildienana@gmail.com

Website:

<http://www.chesco.org/1796/Warwick-Walkers>

Weekly walks Mondays, Wednesdays & Fridays, 9-10 AM Love the brisk morning air and exercise? Start your day on a healthy, positive note, improve your general overall health, and meet new friends. Everyone walks at their own pace, but you will never walk alone. The Club walks a portion of the Horse-Shoe Trail, covering a little over 2 miles, rain or shine, often finishing up with coffee (and pastry) at a nearby bakery.

West Chester Running Club

West Chester, PA 19382

Phone: 484- 410-6780

Email: rephi78@yahoo.com

Website:

[http://www.westchesterrunningclub.com/
home](http://www.westchesterrunningclub.com/home)

The West Chester Running Club promotes the benefits of health, fitness and competition through running. We support our members and the community with motivation and encouragement to obtain personal goals, create a social atmosphere and form lasting friendships. Our club is dedicated to strengthening the self-image, supporting personal success, and providing a source of community involvement.