# On The Move

**PAL NEWSLETTER** Play. Advocate. Live Well. **FALL 2026 EDITION**



**August 29th at the Hub City FM**

## Farm fresh for the family

Demand for healthy, locally grown food continues to grow and so do PAL's efforts to make it accessible to everyone. The **Hub City Farmers' Market** saw record attendance at Harvest Park with vendors regularly selling-out of available inventory. The August 29th market recorded more than 1,500 shoppers in attendance!

The **Food Hub** also increased its customer-base as well as access-points for order pickups and deliveries. Check out the customer and farmer testimonials on the inside pages of this newsletter!

## Connections across the county

### The DAN expands safe trail access for citizens

PAL partnered with the City of Spartanburg Parks & Recreation department on Sept. 9th to host an information session at C.C. Woodson Community Center for neighbors and friends of **Duncan Park**. "In our February 2023 survey, more than 90% of the 180 Duncan Park residents and stakeholders who participated indicated that the perimeter trail was 'Very Important' or 'Important.' We're thrilled to be working hand-in-hand with our

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**Rendering, subject to change**



**Info session in Landrum, August 18th**

## First Five

### Saluda Grade Trail plans move forward with first miles

Almost 300 people joined PAL and Conserving Carolina hosted an information session in Landrum on August 18th to detail 60% design plans for the first five miles of the **Saluda Grade Trail** from the North Carolina state line south to Landrum, as well as the exciting news that permitting for this section is ahead of schedule. At this design stage, the trail route is set, locations for structures such as bridges and retaining walls are determined, and environmental impacts are

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# Send it! Bike park events wrap summer



Dozens of local riders turned out for an afternoon of fun on August 29th at the **Subaru of Spartanburg Bike Park**.

The event was dubbed the Summer Send-Off, and it also served as the official unveiling of the newest feature at the bike park, the Rail Trail Ripper.

With its low elevation and smooth access, the Rail Trail Ripper is the perfect experience for riders of all levels. Bring out the whole family to ride at the park or let your children take on the Rail Trail Ripper as you walk down the **Mary Black Foundation Rail Trail** alongside it!

The Summer Send-Off was just the start of a jam-packed schedule of events! Weekly Drop-In Sessions started on September 16th and continued until the end of October with good times, great rides, and awesome music from 5:30pm until dusk every Wednesday.

But the annual event that everyone looks forward to the most is undoubtedly the Jump Jam! This year's event once again had competitions for best whip, best trick, and best style but it also featured a kids' zone complete with a jump castle!

Don't miss out on what's coming up next - follow the Subaru of Spartanburg Bike Park on Facebook and Instagram for all exciting updates and news!

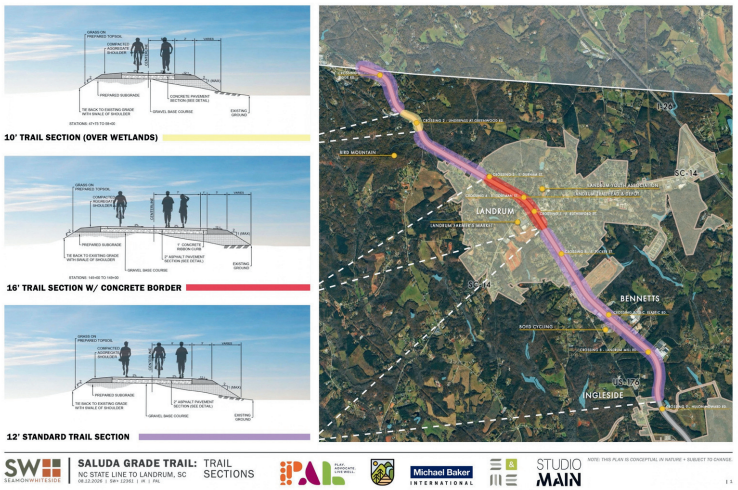
# Saluda Grade Trail updates

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resolved, while details about finishes, such as railings, landscaping, and pavements, remain to be decided. The construction timeline depends on funding and the pending outcome of a federal ARISE grant application.

The route will run from the North Carolina state line south to Hulon Howard Road just below Landrum. Hulon Howard Road is the end point of this segment.

Read about many more details and sign up for future updates on the PAL website as well as online at saludagradetrail.org.




**The trail surface will be two inches of asphalt over a gravel base, with compacted aggregate shoulders and grass beyond the edge. A section through downtown Landrum adds a one-foot concrete ribbon curb on each side.**

# Duncan Park improvements

## City Council approves trail expansion

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community and the City of Spartanburg to bring our neighbors' vision to life: safe, context-appropriate recreation opportunities," said Laura Ringo, Executive Director.

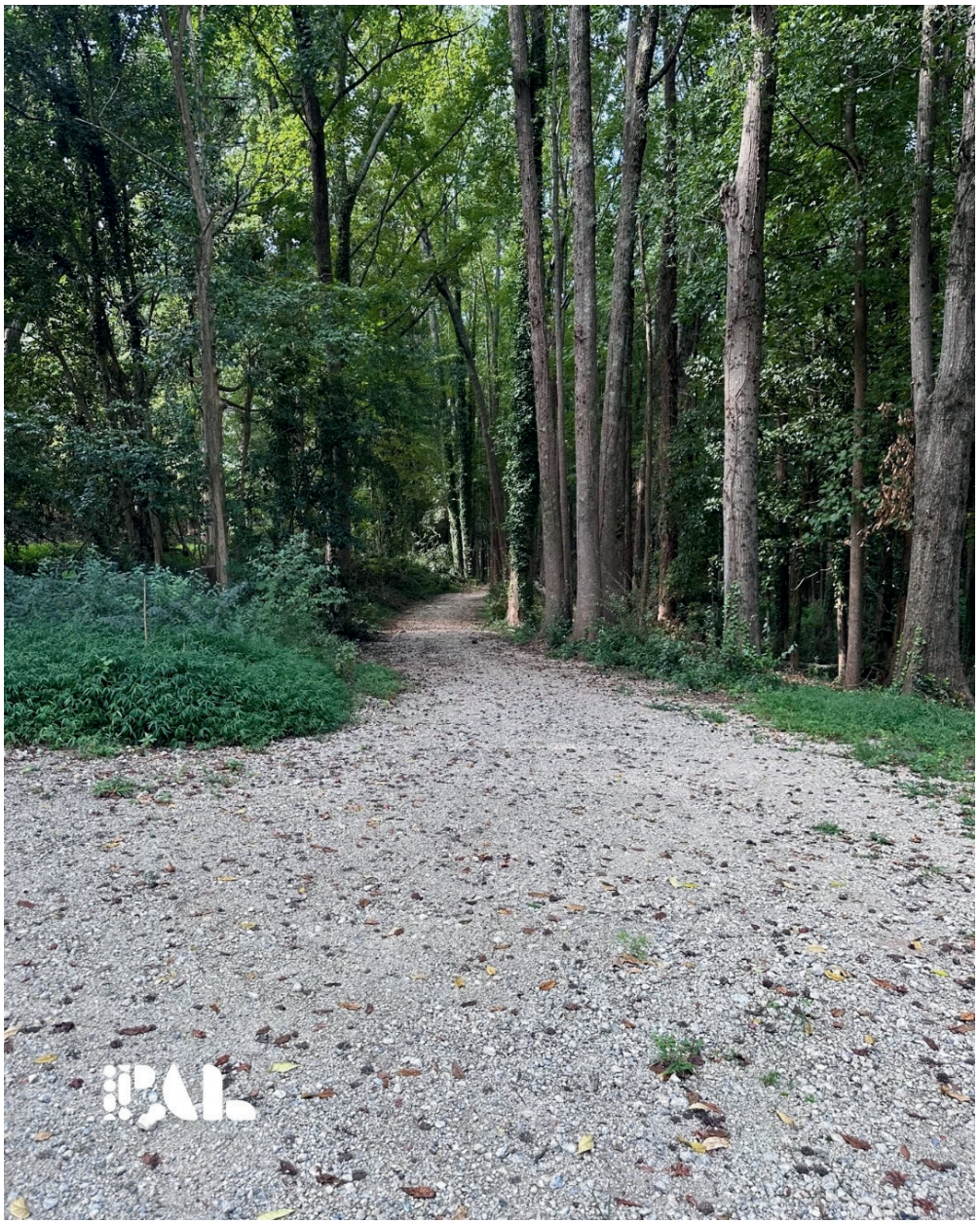
The project funding is coming through a federal grant from the Land and Water Conservation fund. A boardwalk will be designed and built to allow for the trail to avoid a sharp curve at Rivermont Drive and North Park Drive.

The addition of two (2) three-way stops are aimed to slow traffic and protect pedestrians and cyclists; one will be at the intersection of Parkview Drive, Carolyn Drive, and West Park Drive, and the other at the intersection of South Park Drive and Parkview Drive.

"PAL is excited to carry forward the vision from the community by continuing to increase access to new areas of the park to experience and enjoy," said Leigh MacDonald, Trails Development Director.

Offroad sections of the trail will be expanded, extending the perimeter of the Duncan Park Lake trail. The gravel trail which hugs the tree line behind Veterans' Point Memorial Park will be surfaced for easier access.

This information session was part of the continued effort to keep the community informed about updates to Duncan Park. A similar event was held on March 19th and an online survey received 166 responses. Survey feedback included 97% in favor of paving the trail, 90% in favor of calming Parkview traffic, and a consensus for protecting the trees and the natural terrain of the park, and lake shore.



**One improvement will be the gravel trail which hugs the tree line behind Veterans' Point Memorial Park getting surfaced for easier access.**

# Beep beep! Mobile Market arrives at first locations




Have you seen Sunny the van making its rounds in Spartanburg? The **PAL Food Hub** team is working hard to bring locally grown, fresh produce to customers where they work and live.

The offices of AFL were the first to see Sunny roll in, and now they can shop from a seasonal menu every Tuesday afternoon, Noon until 2pm.

Mt. Moriah Baptist Church became the second location for the **Mobile Market** in early October. Shopping there is available weekly on Thursdays from 9am to 11am.

## Fresh Stops Program Serves Community

Thanks to a grant from First Presbyterian Church and in partnership with the City of Spartanburg and First Steps, PAL's Food Hub has been delivering local, fresh produce to coolers at C. C. Woodson Community Center and T. K. Gregg Community Center every Wednesday. Anyone is invited to enjoy one or two items at absolutely no cost.

In addition, deliveries to Highland Early Learning Center and The Franklin School are available for free to students and their families.

> "We are so grateful for the location at The Franklin School. Our son was so happy to eat his peach and it was delicious!"
>
> -Amy Potter Turner
> via Facebook

Last year more than 5,200 pounds of apples, oranges, peaches, and milk pints were distributed through the **Fresh Stops** program, and we expect to meet or exceed that total by the end of 2026.

## Customers connect with farmers online through Food Hub

When you can't make it to the **Hub City Farmer's Market**, the Food Hub can bring the farm-fresh goodness to you!

Customers are loving the convenience of online orders for their weekly produce, poultry, and meat needs.

Weekly orders increased by 71% from 2025 to 2026 and subscription orders doubled.

"I really enjoy using PAL's Food Hub. Knowing everything is sourced locally makes every order feel good, not just convenient," said Jay, "On top of that, the PAL team continually makes the whole process easy from start to finish. It's been a great addition to how I get food over the past year!"

Wholesale revenue from orders to businesses also saw

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## Food Hub continued

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a huge increase of more than 131% over last year's revenue.

"We've been regular Food Hub customers since the beginning. It is a delicious and convenient way to support local agriculture all year round," said Rebecca, "It also motivates us to try new things. Every few weeks we order an unfamiliar item and have been introduced to lots of new flavors. We love contributing to a more sustainable and resilient food system.

The result so far of this year's orders has been more than $100,000 in revenue for local farmers, a significant investment in the local economy.

Have you placed your online Food Hub order this week?

palspartanburg.org




**Friends of Duncan Park, SAMBA and SCCMTB working at Duncan Park 7/19**

# Volunteers help clear trails

We couldn't keep the trails in such good shape without the help of volunteers! On July 18th, Friends of Duncan Park, SAMBA, and SCCMTB worked on almost every foot of the three main mountain biking/hiking natural-surface trails at Duncan Park with mowers, weed wackers, loppers, blowers, rakes and more. Call the PAL office if you, your family and friends, and/or your business or organization would like to schedule a trail work day. It's a popular way for members of school service clubs to log hours, too! 864-598-9638



# From the desk of Laura Ringo

## Executive Director

As you have seen throughout this newsletter, there are big things happening at PAL thanks to your investment and belief in our mission. A few numbers to capture this momentum:

**300** Hub City Farmers Market customer attendance has increased by 300% over the past year;

**15** Our goal for the number of **Daniel Morgan Trail** miles which we want to have construction-ready in the coming one to two years;

**2000** The number of walkers, joggers strollers, runners, and crawlers with whom we hope to celebrate the start of Thanksgiving at the 22nd annual Turkey Day 8K;

**5** In 2027, we expect to build the first five miles of the South Carolina portion of the **Saluda Grade Trail**; and,

**8** PAL is currently working with eight interns.

We need your support! Please donate online today, and help to keep Spartanburg moving!

## Meet our interns



Jada Lawer



Journey Durham



Lucy Wells-Davis




Youth Sports Bureau

# Don't miss a moment

New events are constantly being added: visit us online for the most up-to-date info

**Junior PAL at Duncan Park**
**October 24**

**Junior PAL at HCFM**
**November 14**

**Halloween at HCFM**
**October 31**

**Turkey Day 8K**
**November 26**

**Do the DAN: Owls**
**November 13**

**Do the DAN: Newt Hardie**
**December 12**

# Give today!

# Driving positive change

**William Marcus, Chair**

It is my pleasure to provide news from the Board of Directors. PAL is driving positive and monumental change, always with our mission in mind: to create opportunities for active living and healthy eating for everyone, centered around Spartanburg County.

Spartanburg's rapid growth is evident throughout our community, and PAL's efforts to advocate for its citizens have kept pace. We have been a consistent presence at planning meetings of all kinds, making sure that Spartanburg continues to be a safe city for pedestrians and cyclists of all ages to enjoy.

PAL works hard to partner with City and County government officials as well as other nonprofits, to create a culture of wellness that includes trails but also goes beyond that to increase access for fresh, local foods.



**William is a commercial relationship manager with United Community Bank.**

We know that when our friends, family, colleagues, and neighbors are healthy, we are all more likely to thrive.

Our board is committed to continuing the legacy of those who served before us by supporting bold and impactful work which will give the next generation the greatest opportunity to flourish.

There are many ways to support this work. Please consider attending events and bringing friends along; volunteering at the Hub City Farmers' Market, community events, or PAL projects; and making a financial contribution so that we can keep making our shared vision of a connected and healthy community a reality.

# Meet our new board members



**Guy Boyle is Chief Executive Officer for Spartanburg Water.**



**William Granger is an investment manager with Stravolo Wealth Management.**



**Natalie Hurd is a sourcing manager with Milliken & Company.**



**Claudia Ruffin is the business development lead for Reedy Commercial.**

# Second Sunday summer markets




Spartanburgers and visitors alike enjoyed the Hub City Farmers' Market pilot program from May to October to bring fresh, healthy foods and locally crafted gifts and homegoods to downtown to Daniel Morgan Square this summer.

An average of 21 vendors participated each month and estimates place typical monthly attendance at about 500-600 shoppers.

# HCFM doubles benefits

The **Hub City Farmers' Market** is proud to be one of only 40% of farmers' markets across the country which accept The Supplemental Nutrition Assistance Program (SNAP). We are dedicated to increasing access to healthy foods for everyone!

But wait, it gets better. Because of the support from United Way of the Piedmont, SNAP recipients are able to double their benefits while shopping for local, fresh, healthy produce, poultry, and meat at the Hub City Farmers' Market!



**Shoppers at the Second Sunday market on Daniel Morgan square.**

"I enjoy being able to receive double the amount I spend with SNAP. It allows me to get so much more in fruits and vegetables because of the extra $15 given by using my SNAP. It's really worth it for any family to enjoy," said Bridget M.

For more details about SNAP benefits at the HCFM or any PAL program, visit us online at palspartanburg.org.

# It's the Saturday standard

With a palpable energy that can't be denied, the **Hub City Farmers' Market** Saturday market has become the weekly destination of more than 1,000 shoppers and 33 vendors at Harvest Park on the northside of Spartanburg.

And it's not just for the fresh fruits, vegetables, poultry, meat, and homegoods! The HCFM has offered a variety of live music and children's programming, as well as opportunities for adults to enjoy free yoga sessions, cooking demos, and mobile mammography appointments through Spartanburg Regional Healthcare System.

"We've had overwhelming interest in our children's activities as well as the adult events," said Jenni Callahan, Food Systems Manager with PAL, "It's fun to see everyone participating and enjoying each other's company in addition to taking home fresh produce poultry, meat, flowers, and unique gifts."




**Robert Jackson of Jackson Farms II with his Blue Moon booth scholarship in August. 17 vendors received Blue Moon scholarships that fully covered their booth fees.**

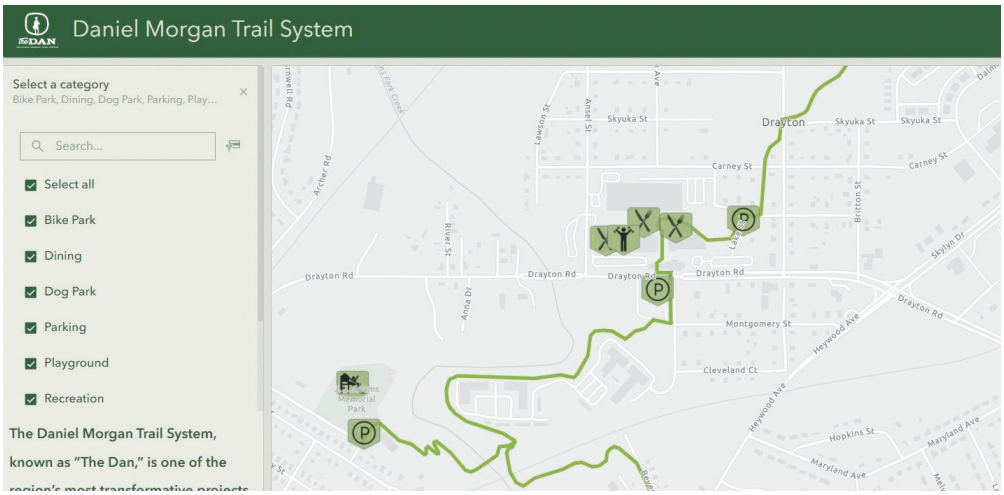
**PAL** was honored to participate in the anniversary celebration for Blue Moon Specialty Foods in June. Blue Moon got its start in business 20 years ago as a vendor at the Hub City Farmers' Market and acknowledged that beginning with a very generous donation used to cover the booth fees for 17 vendors in August.

"PAL has made it possible for us to support other local businesses as we grow. We source as many of our ingredients locally as we can, including whole milk, honey, fresh berries, and other seasonal ingredients. It means so much to know that as Grumpy Goose grows, we can continue supporting the same local farmers and producers who have been part of our journey from the start," said Caroline Baylor, owner of Grumpy Goose Coffee.

The 2026 Hub City Farmers' Market is presented by AccessHealth Spartanburg with generous donations from Milliken & Company.

# Trail Spotlight
# Lower Drayton Mills

## Have you explored this segment of The DAN?




**The newly launched Daniel Morgan Trail System dashboard map features an interactive map showing trail segments and amenities.**

One of Spartanburg's best kept secrets, the Lower Drayton Mills Trail offers a scenic connection from the Upper Drayton Mills Trail to the short Beaumont Mill Village Pathway and longer two-mile River Birch Trail.

Its ample parking makes it particularly convenient. The trailhead is located directly across the street from amenities in the Drayton Mills Marketplace including the Dray Bar & Grill and Pi-Squared Pizza restaurants.

The Lower Drayton Mills Trail is a brief three-quarters of a mile along Lawsons Fork Creek. Wander a little longer and you'll be treated to a unique experience as you walk through a covered bridge under the Norfolk Southern train trestle on the River Birch Trail. It's a great spot for a selfie or photo with friends and family!

PAL built the Lower Drayton Mills Trail. It is owned by Pacolet Milliken.

**The new interactive dashboard map, as well as details about this trail segment and others on The DAN system are available online.**







# Keep Spartanburg moving

## Donate today for a healthier tomorrow




PAL giving societies are designed to thank our generous donors for their support during the calendar year.

Enjoy tickets to the VIP tent at the Criterium, PAL shirts, and more as our thanks for your generous contribution. Automated monthly drafts are available by request. Visit us online!

# More ways to give

Gifts of Stock or Securities
Gifts of Appreciated Assets
IRA Charitable Rollovers
Employer-Matched Gifts
Donor-Advised Funds (DAFs)
Gifts of Real Estate

Bequests and Planned Giving

**Give today!**

Donations may be mailed to
**PAL: Play. Advocate. Live Well.**
**Post Office Box 6728**
**Spartanburg, SC 29304**

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Our mission is to create opportunities for active living and healthy eating for everyone, centered around Spartanburg County.

