

Dear >>First Name<<,</pre>

In Spartanburg County, cardiovascular and chronic diseases are among the greatest health risks facing our community. The leading causes for these diseases: physical inactivity and poor nutrition.

Each and every day, Spartanburg residents face barriers to an active, healthy lifestyle through a lack of affordable access to recreation

venues and healthy food. Open parks and trails are sustainable environmental approaches that provide an opportunity for residents to be more active. In order to encourage a healthier, more active, and thriving generation of children, we must create safe, convenient, accessible, and fun places for families to gather, work, worship, learn and play.

Partners for Active Living (PAL) focuses our strategies to point to healthy eating and active living for as many in our community as possible:

#### HEALTHY SCHOOLS & AFTER SCHOOL PROGRAMS

TRAILS & PARK DEVELOPMENT

#### WALKING & BICYCLING FOR EVERYONE

When you give to PAL, you are investing in your community by enabling us to:Champion trail development, programming, and connectivity.

- Ensure healthy food and physical activity opportunities for our children.
- Provide more than 3,600 Spartanburg BCycle rentals.
- Host active living and community-building events like the Criterium bike race and Turkey Day 8K.
- Build collaboration among public and private sectors around health.
- Create a new partnership to expand local produce access through Food Share Spartanburg.

Sincerely,

Laura Kingo

PS - PAL is starting strategic planning. Let us know what you want to see over the next four years as we plan our future: www.active-living.org/survey.

**"IN SPARTANBURG. ACTIVE LIVING COMES** NATURALLY. IT IS FUN. EASY. AND SAFE **BECAUSE WE ARE** CONNECTED. TO OUR COMMUNITY... TO EACH OTHER... TO NATURE. WE UTILIZE OUR VAST NATURAL RESOURCES. WATERWAYS, TRAILS, AND PARKS ROUTINELY. WE WALK THROUGH **OUR NEIGHBORHOODS** AND PLAY WITH OUR **FAMILIES IN OUR** FRONT YARDS. AND WE **BIKE TO WORK AND** SCHOOL. WE EMBRACE OUR WONDERFUL **QUALITY OF LIFE. WE** GET OUT, AND WE GO. WE ARE HEALTHY."

THIS IS PAL'S DREAM FOR SPARTANBURG.



Every donation makes a difference and allows PAL to continue innovative health and wellness projects that are little or no cost to Spartanburg families.

# WHEN YOU GIVE TO PAL, YOU CREATE A HEALTHIER SPARTANBURG

Thanks to your donations and some strong partnerships, we have been able to make some great strides over the past 12 months:

#### DASH BCYCLES

with Spartanburg Community College, we launched 11 dockless bcycles

AND THANKS TO WESTROCK, ONE REALLY COOL ELECTRIC BIKE

#### THE DAN

with the Mary Black Foundation, we announced a **\$1 MILLION** trails commitment and showcased the new 32 mile trails system name, The Dan



# HEALTHY SCHOOLS

with nine Spartanburg County schools and the Mary Black Foundation, we are starting year four of a well-established relationship to improve physical activity, wellness and healthy eating for children in our community

### WESTVIEW CONNECTOR

with Spartanburg District 6 and the Westside Neighborhood Association we built a 1/3 mile trail to connect Wadsworth Trail to Westview Elementary School

#### TREES ON THE RAIL TRAIL with Noble Tree Foundation, 40 new trees were planted on the MBF Bail Trail



## THE BIKE PARK AT THE RAIL YARD

with the Coalition for Active Youth, the Bike Park, the next phase of the Rail Yard Community Park, is underway; this feature will be open in early 2020 and will include dirt trails for all bicycling ability levels

## TURKEY DAY 8K & SPARTANBURG CRITERIUM

with thousands of our friends, we hosted two of Spartanburg's largest events that are all about creating a culture of wellness



# EVERY DONATION CREATES AN OPPORTUNITY FOR EVEN MORE PROJECTS