



Moving forward with trails

Overall plan

When you're adding 20 miles of trail to connect 11 existing miles, talking about the projects can become a mouthful. To help facilitate both use of and fundraising for the system, we undertook a naming and branding campaign. We hired local advertising firm Whipp to develop a name and set of logos that will allow for flexibility and assure that existing trails retain their identity.

We're pretty excited about what they've come up with, but we're not revealing anything just yet. We are working to make sure our partners are on board with the concepts.

Lawson's Fork extensions

The development at Drayton Mills and progress made by our partners at the Spartanburg Area Conservancy (SPACE) in the Glendale area have really driven progress and prioritization of trails along the Lawson's Fork Creek. We continue to meet with property owners upstream and downstream to secure easements allowing for passage of the trails.

At PAL's recommendation, County Council allocated funds from the County Parks Department budget for three projects along the Lawson's Fork. The Glendale Bridge project, a trail section



upstream from Glendale and one downstream from Drayton begin to close the gaps between the two historic mill areas. Each received \$100,000 toward construction costs.

Once completed, these projects will total almost 9 miles of creekside trails, both paved and natural surface.



West from downtown

Connecting to the west side is one of the top priorities in our plans. We have applied for a state grant to build a section from Magnolia Street Station to Wofford Street to the Summer Place Apartments on Vanderbilt Road. Further sections will complete the trail out to WO Ezell Boulevard.

This trail segment will also serve to connect into the Northside development by way of Magnolia Street and Brawley Street.

Mary Black Foundation Rail Trail extension

This section of trail will connect the MBF Rail Trail with Barnet Park and the Chapman Cultural Center by way of Union, Kennedy and converse Streets. Designed as South Carolina's first cycle track, this curb-protected lane, in conjunction with existing sidewalks, will serve two-way bicycle and pedestrian traffic. This section will also be the Palmetto Trail route through town. The Palmetto Trail, a project of the Palmetto Conservation Foundation, runs nearly 500 miles from the mountains to the sea.

Currently, city staff are working with the South Carolina Department of Transportation (which owns most of those streets) on design. They estimate 12-20 months until completion.

About Partners for Active Living (PAL):

Partners for Active Living transforms Spartanburg County into a vibrant, healthy, connected community where we live and grow. Visit our website: www.active-living.org.

Staff

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River Ridge walks away with Golden Shoe

October's International Walk to School Day was a huge success in Spartanburg County with 62 events, the highest participation rate for a county in the state of South Carolina.

Twelve schools submitted applications for the Chartwells Golden Shoe award. Evaluation criteria included parent, school, and community involvement, school activities incorporated into the events, theme of the event, and ability to use the event as a catalyst to establish sustainable physical activity programs in the school.



First place winner is River Ridge Elementary, from Spartanburg District Five. River Ridge Elementary will receive the top prize of \$500, and Safe Kids of Spartanburg will provide incentives and giveaways for their 2016 Walk to School Day event.

The Golden Shoe Awards are sponsored by Chartwells School Dining Services, Safe Kids of Spartanburg, South Carolina Department of Health and Environmental Control, and Partners for Active Living.

Give the Gift of Health

Physical activity is an essential part of leading a healthy lifestyle. At Partners for Active Living, we are working to get more people more active more often and in more places.

With your support, we will continue to improve active living habits of Spartanburg residents, making a healthier, happier community for everyone.

We know that your charitable gift could go to a number of other important causes. Our work is important in creating a healthy community to work, live and play.

Why not be a PAL and give the gift of health to someone you love this holiday season? Holiday donations can be directed to a specific campaign or program, and a card can be sent to the recipient directly or to the donor to gift. Donate online (www.active-living.org) or stop by and visit us at 226 South Spring Street.



The 2015 Turkey Day 8K saw 1600 runners and walkers making their way through the streets of Spartanburg to start of Thanksgiving celebrations. Spartanburg's largest running race, the donated canned goods benefit Total Ministries. (photos by Turner's Touch Photography)



This mother and daughter learned to ride at a recent Beginner's Bike classes featuring PAL staff member Will Beeker. Classes continue in the new year and are held the first and second Thursday each month. Check (and Like!) our Facebook page for more details.



The Houston Elementary Husky is a crowd favorite at Walk to School Day. Spartanburg County led the state in participation in International Walk to School Day again this year with 62 schools holding events.



The Drayton Mills Trail is open from Mary Black Hospital into the mill complex.

A section south of Drayton Road should be completed in the spring. (photo by Spartanburg Herald-Journal)

Stay up-to-date with PAL work and events by signing up for our Weekly Update on our website, www.active-living.org. Like us on Facebook, and follow us on Twitter and Instagram. We also publish a weekly blog, Walk the Talk, at goupstate.com. Look for new posts on Fridays.



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CHANGE SERVICE REQUESTED

Partners for Active Living is creating a healthier Spartanburg County by making physical activity the easy choice. We frame our work in a three pronged message: childhood obesity prevention, trails and parks development, walking and bicycling for everyone.

**By the Numbers
Turkey Day 8K 2015**

**Food collected
(pounds)
3466**

**New participants
509**

**Total participants
1600**

**Miles run
8000**

Get Moving!

First & Second Thursdays through December:

Bike safety and maintenance classes: no experience necessary
Locations change, so check our Facebook page

January 15, 2016: Downtown Criterium tailgating sign ups open to the public. Contact Audrey at asperry@active-living.org.

Returning in March: Second Tuesday Trail runs

Save the Date:

May 6, 2016: Downtown Criterium

See our website for more details on these and other events,
www.active-living.org, or call 864-598-9638.

You can now donate online by visiting our website, www.active-living.org,
or send your tax deductible gift to:

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