



Growing Up Healthy School Walking Track; Building on Success



"It's a game changer." Principal Bobby Rollins is fired up about the almost half mile paved walking track that was recently installed at Arcadia Elementary School. And he's not the only one.

"The students are asking their teachers to take them out on the track and are talking about starting walking clubs." Mr. Rollins explained. Guidance counselor and school wellness coordinator Heather Perry concurs. "Kids are up and walking and loving it! Having another option during recess and during PE has been wonderful for them." she said.

Arcadia and District 6 Administration were able to use grant funds from the Mary Black Foundation Healthy Schools Initiative to make the track possible. The school is one of nine in the county participating in the four-year initiative and Partners for Active Living provides hands on guidance to all of them.

Mr. Rollins envisions many more activities for students, parents and community members in the near future, such as an after school Run With Rollins Club. In addition, the district is working on plans to allow community access to the site, which is located in an area without a park or trail nearby.

"We've been working on a lot of great healthy changes at Arcadia" Mrs. Perry explained "And the new track fits in perfectly with our growth mindset." ■

Donate a Tree on the Rail Yard this Holiday!



Have you seen the newly planted trees with dedication plaques on the MBF Rail Trail along the future Rail Yard park? These tree dedications make great holiday gifts for your loved ones! Tree plaques are \$250 each and can be given in honor or memory of a friend or family member.

To purchase, visit our website: <http://www.active-living.org/productsforsale> ■

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About Partners forActive Living (PAL):

Partners for Active Living transforms Spartanburg County into a vibrant, healthy, connected community where we live & grow.



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2017 Highlights

As Partners for Active Living (PAL) closes out 2017, we reflect on both achievements and lessons learned:

The Rail Yard – Phase 1

Thanks to the Group of 100, Milliken & Co. and Duke Energy, the Mary Black Foundation Rail Trail has two new features that are part of The Rail Yard (a 7-acre park at Forest Avenue). These include a trolley pavilion and three fitness pads with exercise equipment.

Duke Energy Citizenship and Service Award given by the Spartanburg Area Chamber of Commerce

PAL was honored to be recognized at the Chamber's annual meeting alongside Contec Healthcare for contributing to the wellbeing of the Spartanburg community.



Top: The 2017 Turkey Day 8K hosted almost 2,000 participants! Bottom: A ribbon cutting was held for the new exercise pads at The Rail Yard.

Schools Partnership 2.0 – rounding out year 1 and half way through year 2

As we talked to many of you and researched preventative health interventions, we learned that the earliest interventions for physical activity and healthy eating are the most effective. With that in mind, we've more than doubled our efforts, in partnership with the Mary Black Foundation, and are focusing on nine schools for four years. We are halfway through year 2 and are excited about the progress and partnerships!

Hub Cycle is Reborn

A community bicycle program that has long been important to PAL now has a new home. For at

least a decade PAL loaned bikes to local citizens for a nominal fee, but with a growing focus in trail development, we knew it was time to find another organization to sponsor the program. Thanks to First Baptist Church and The Bridge at Green Street residents in the community can still spin on a dime!

125,000

This represents the number of community members who were active in the Spartanburg community thanks to PAL's work – supporting the MBF Rail Trail and other facilities, events like Yoga at the Rail Yard and the annual GHS Turkey Day 8K, users on Spartanburg BCycle, and other opportunities. ■

Letter from:
The Director



This is an exciting time in the life of

Partners for Active Living. As we look to 2018, I'm proud to note this is PAL's 15th year of serving the Spartanburg community!

Over the years I have been asked about PAL's most significant achievement. I could easily count a number of events where people have been active, infrastructure changes, healthy snacks served, policies changed, bicycles rented, dollars raised, or partners committed. Instead, my answer is a little less quantifiable. In Spartanburg County, the culture and conversation around preventative health has changed significantly. Park access, sidewalk inclusion, and healthy food options are much more the norm now than they ever have been. While PAL does not deserve all of the credit, we have played a key role in developing this change. So many of you have been part of that progress and I can't say thank you enough.

When 2018 arrives and we begin celebrating, I hope you'll continue to help PAL promote healthy living. We love what we do and you're essential making it happen!

Sincerely,

Laura Ringo
Laura Ringo,
Executive Director

2018 Here We Come

What does 2018 bring?!
The projects on our list include:



Dash BCycle: This is the next step in bicycle-sharing, and we want Spartanburg to be a program leader. Instead of checking out a bicycle at the kiosk, Dash BCycles are smart bikes with built-in computers that can be checked out and returned almost anywhere.

Lawson's Fork Connector: In the future we hope that there will be a trail along the entirety of the Lawson's Fork Creek in the urban area. In the coming year we expect that two of the needed segments will be completed – one from the existing Spartanburg High School to almost East Main Street and another segment connecting the existing trail at Drayton to the Beaumont community.

Volunteer Coordination: If you are passionate about PAL's mission and have an interest in being involved, we want to do all we can to ensure that it is easy, convenient, and meaningful.

Eat Smart, Move More: In recent years we have built a coalition of like-minded organizations under the name Eat Smart Move More. This coming year we'll streamline our meetings and focus on innovative and high impact priorities.

The Rail Yard – Phase 2: Thanks to Mary Black Foundation and other key funding partners, the next phase of The Rail Yard will begin soon. This includes internal trails, an amphitheater with a stage and tree tunnel, a large field, picnic shelter, and an NFL Play 60 obstacle course. ■

did you know? *Tracking Trail Usage*

Drayton Trail (since March 1)

- 40.9 daily average uses = 14,929 annual uses
- 0 uses in 2012 – not yet constructed

Mary Black Foundation Trail (since March 29)

- 256.6 daily average uses = 96,944 annual uses
- 65,449 uses in 2012

Wadsworth Trail (since February 1)

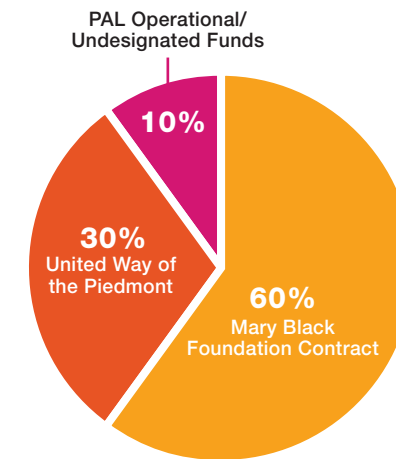
- 56.9 daily average uses = 20,769 annual uses
- 7,665 uses in 2012

Financials

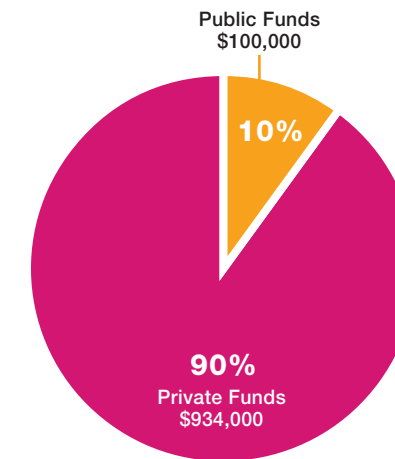
At PAL, we strive to be transparent with our donors and friends. We know it is important to those who invest their resources in PAL to have easy access to our financial information. Here is a breakdown by organizational category:



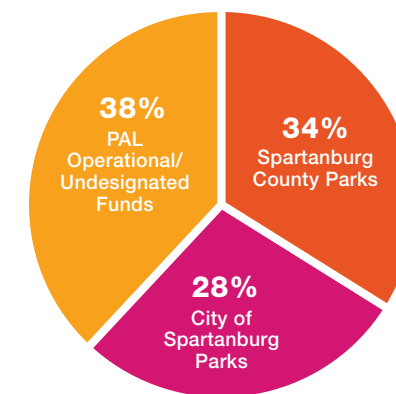
Programs



Schools Coordination



Rail Yard Construction
\$1,034,000 Raised

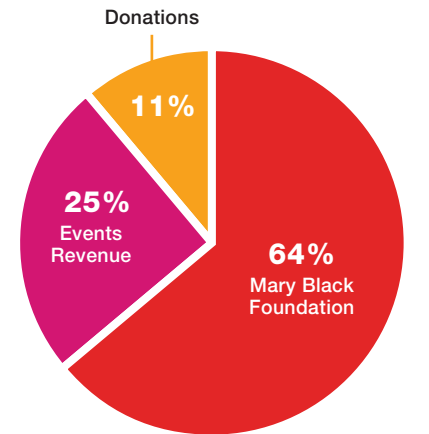


Trails Coordination

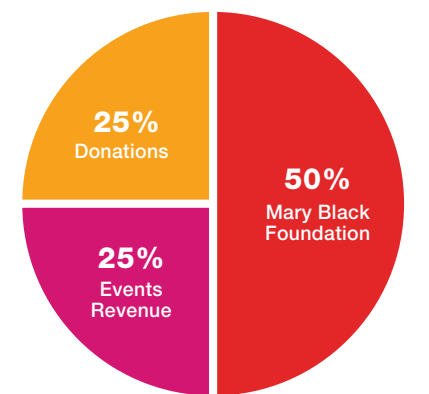


PAL is able to cover BCycle costs, infrastructure improvements and schools incentives through designated gifts, sponsorships, use fees. ■

PAL Operational/Undesignated Funds



Current Breakdown



Desired Breakdown



Tracking Trails

In the nine months the trail use counters have been installed, we have confirmed what we thought: use is increasing on both the MBF Rail Trail and the Wadsworth Trail, and the new trails at Drayton have seen immediate high use. Understanding where people are walking and biking gives us much insight into maintenance and programming priorities, provides evidence of demand and can help us understand the value of our investment into trails. ■