

Friendly Spaces,
Happy Places



This segment will follow the Duke Energy property and pass under the Norfolk Southern bridge.



This segment of future trail along Vanderbilt Road will follow a tributary of the Fairforest Creek along the existing sewer right of way.

The Long Run | by Ned Barrett

Sometimes when I'm in the middle of a long run, I return to my mantra: we're getting closer. The same can be said of trail development in Spartanburg these days.

We have bumped into particular challenges. Take street ownership and jurisdictions: Vanderbilt Road runs about two miles from Baltimore Street to WO Ezell Boulevard. For some distance the street is owned and maintained by the City; one side of the street, though—the side with the trail—is in the County. The second section, owned by SCDOT, has five properties that are half in the City and half in the County. All, including the individual property owners, hold a particular stake in the process, and all must give approval and play a part in the design, permitting and construction.

That means we've learned, or continue to learn, patience. We have met with over 60 different property owners. We work with public project managers at Norfolk Southern to get permission to start the engineering of a canopied underpass. We've included Emergency Services and Public Works in the process; we've applied for grants for construction and for signs. We're learning to navigate the sometimes glacial pace of public procurement processes. We've come to realize that our priorities are not necessarily everyone else's priorities.

We're in the middle of a long run, but we're getting closer. ■



The first feature now complete in the park is a beautiful replica of a trolley at the entrance on Forest Avenue. This project was a collaborative effort by many wonderful groups in the Spartanburg community. The Group of 100, a group of donors who pool their money for local beautification projects, spearheaded, funded and oversaw all aspects from start to finish. Kevin Belue, a local artist, designed and built the trolley. Roebuck Wholesale Nursery & Landscaping was responsible for the landscaping. Spartanburg Water donated the bottle refilling station with a human and canine water fountain.



In addition, what makes the trolley entrance even more special is the history. In the early twentieth century, Spartanburg's trolley system had a line that traveled from Clifton to Glendale to downtown Spartanburg via Old Glendale Road. Old Glendale Road is the eastern edge of the proposed park. "The Group of 100 is thrilled to bring this beautiful piece of art to the new park. It will serve as a place to gather and celebrate Spartanburg's history," said Jeanie O'Shaughnessy with the Group of 100. ■

get moving

- **OPEN PLAYGROUNDS**
District 7 elementary schools & Jesse Bobo & Woodland Heights schools in District 6 playgrounds are open to the public during the summer
- **PAL & RJ ROCKERS RUNS**
Meet at RJ Rockers Brewery on Tuesday's at 6:00 pm for a 3 or 5 mile run
- **FRIDAY LUNCHTIME RIDES**
Meet at First Presbyterian Church at the Family Life Center at Noon

For more event information, visit www.active-living.org or call (864) 598-9638.

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About Partners for Active Living (PAL):

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



JUNE 2017 | Volume XXXVIII

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The Rail Yard: Building Together

Partners for Active Living, through policies, partnerships, places, & programs, inspires a healthy and active Spartanburg County. We call the underlined the four 'p's, and they define the way we approach improved community health. The most important of the four is partnerships because everything that PAL does is in collaboration with others.

This is the case in our efforts to see more trails in the urban area and in our work with schools. We are not subject to jurisdictional lines, we do not own property, we are not tied to one project, and we work with many different organizations. We also work with nine different schools, the Mary Black Foundation, and groups that provide resources and



opportunities to improve children's health.

This is also the case in building The Rail Yard, which is the name of the new park on the Mary Black Foundation Rail Trail. The entrance trolley was developed through the leadership of the Group of 100, an organization of 100 donors who work together to beautify Spartanburg. The new fitness pads were spearheaded by members of the 2016 Leadership Spartanburg class and paid for by Milliken & Co., Altrusa Spartanburg, and White Oak Management.

"Thank you to our partners – public, private, corporate, nonprofit, donors and volunteers. Together we are building a healthier, more active community"

Our next amenity to bring online is the mountain bicycling course in partnership with the Coalition for Active Youth. This group of advocates led the Hot Spot Skate Park implementation with the City of Spartanburg in

2009. We are thrilled and honored to work with this group of passionate experts who champion adventurous active living projects in our community.

Thank you to our partners – public, private, corporate, nonprofit, donors, and volunteers. Together we are building a healthier, more active community. ■

Letter from:
The Director

PAL Board of Directors
Outlines Priorities



I recently noted my 11th anniversary as the executive director of PAL, and with it comes an opportunity to reflect on the growth of this remarkable organization. Over the last decade I have learned a lot about nonprofit management and often joke that I could write a book on the 'do's and especially the don'ts' of this work.

I started at PAL shortly after moving to Spartanburg as a young 20-something, with only two years of nonprofit work under my belt. Some six months into my employment, the executive director announced she and her family would be moving to Virginia, and recommended I take the reins. I was not likely qualified, but I seized the opportunity, emboldened by impact that I knew our efforts could make.

I continue to be grateful for those early board members, as well as the many colleagues, community partners, Spartanburg leaders, and funders, who have patiently guided, challenged, and encouraged me in this position. Spartanburg is an exciting place to work, especially as a young professional.

Thank you to my current and past colleagues, who are smart and inspiring. To the many board members who have provided wisdom, guidance and strategic direction. To PAL's community partners who work hand-in-hand with us to improve the health and wellbeing of Spartanburg's local residents. To our funders and donors who support us and challenge us to be better, to do more and to think bigger...

I am grateful.

Sincerely,
Laura Ringo
Laura Ringo,
Executive Director



Hub Cycle Transition

For nearly a decade, PAL has operated a program called Hub Cycle. Hub Cycle operated in the following manner -- bicycles were donated to PAL, the on-staff bicycle mechanic fixed them, and then PAL loaned out the bikes with a helmet and lock for a \$15 refundable deposit. Borrowers were allowed to keep their bicycle for up to three months.

In 2016, PAL's board of directors and staff went through a strategic planning process. During that time, the organization worked to better align its goals to the reality of its resources. This process led to the transition of the Hub Cycle program from its current home at PAL to The Bridge at Green Street, which is in the City's Northside and operated by First Baptist Church.

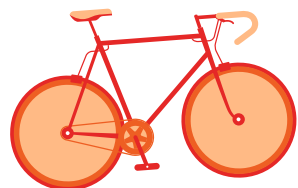
While PAL operated the program, there were 1,426 bike rentals, and 591 parts and/or bicycle donations. The program's primary funding came from the United Way of the Piedmont with additional support from the Freewheelers of Spartanburg and Greenville Health System.

"For ten years PAL made bicycles more convenient and available for long term use to our community. The potential growth and future development under the direction of The Bridge at Green Street will be exciting to watch," said Laura Ringo, executive director of PAL. "PAL is grateful for our partnership with First Baptist Church. In addition, this important program would not have been possible without generous support from the Spartanburg community."

PAL will continue to operate Spartanburg BCycle, the 39 red bicycles that are located at five kiosks throughout the urban core. Service to this program will not change. ■

did you know?

About the 2017 SRHS Criterium:



RIDERS FROM 26 STATES



64 SPONSORS & 85 VOLUNTEERS

INCREASE IN TENTS:

- 2010 - 3
- 2012 - 7
- 2015 - 54
- 2017 - 67

2017 Healthy Schools Forum

On Wednesday, May 31, PAL presented the 2017 Healthy Schools Forum. Educators in Spartanburg were offered a variety of professional development opportunities thanks to our partnership with the Alliance for a Healthier Generation, Eat Smart Move More Spartanburg, and Spartanburg County School Districts.

Sessions were offered on school gardening, health promotion for school staff, physical activity in the classroom and the compassionate schools program. The keynote presentation featured Dr. Glenn Weaver from the Arnold School of Public Health at USC. Dr. Weaver spoke about his research on the positive impact schools have on student health.

A special thanks to Chartwells for providing delicious and healthy snacks and lunch for everyone, and to our wonderful volunteers for leading active breaks. ■



Preventing Obesity by Design



PAL is assisting with the SC DHEC Division of Nutrition, Physical Activity and Obesity project connecting local child care centers with the Natural Learning Initiative (NLI) at N.C. State University. Called Preventing Obesity by Design, or POD for short, the program creates outdoor learning environments that conform to nature, and inspire activity and better health.

The five centers chosen from a pool of applicants are Big Blue Marble Academy in Boiling Springs, Kid's First Child Development Center in Chesnee, Miss Tammy's Little Learning Center in Landrum, Spartanburg Regional Ida Thompson Child Development Program in Spartanburg, and Unique Kids in Greer. These centers received custom design plans for their ideal outdoor learning environments last year and they continue to receive technical assistance from DHEC and Partners for Active Living to help with the implementation of their plans.

Recently, two of these centers held open houses for parents and community members to promote the gains they have made. Big Blue Marble Child Development Center in Boiling Springs completely transformed their infant and preschool outdoor spaces. Existing mature trees shade new elements such as raised bed gardens, art spaces, a play stage, picnic tables and a mud kitchen where kids can engage in sand and water play. Kids First Child Development Center in Chesnee expanded their existing preschool outdoor space to double the original size. An outdoor classroom, play stage, raised bed gardens and circular bike path are featured. The designs for each center are unique but they have one thing in common – the staff, parents and kids love their new outdoor learning spaces! ■



Trails' Timelines

At PAL, we hear the question about trails' timelines regularly, and we usually answer, "We're getting there." From securing signed easements from residential and commercial property owners to the required back-and-forth of approvals by Norfolk Southern Railroad and the South Carolina Department of Transportation to moving on surveying and engineering, there are over 12 miles of trails that are "getting there" a little more every day. ■