



GOING THE EXTRA MILE

THE DANIEL MORGAN TRAIL SYSTEM CONTINUES TO EXPAND

During your travels around town, you may have noticed new trail construction here and there. That's because we have projects happening east and west and all around. The **Three Creeks Trail ①** along Vanderbilt Road is part of the plan to connect the west side, Spartanburg Downtown Airport and areas even further west. As part of the second phase of development, we installed two bridges in an area that previously saw tragic accidents involving pedestrians. Now, the bridges will allow users to stay off the narrow roadway.

To the east, **Phase 2 of the River Birch Trail ②** (along Lawson's Fork Creek) extends the existing trail from McCracken Middle School to East Main Street. **Phase 3 of the River Birch Trail ③** will take the trail even farther from Lawson's Fork Creek to behind the commercial area of East Main, giving access to restaurants and shopping.

To the north of town in **Drayton and Beaumont, ramps ④** are being built to the bridge installed a couple of years ago as part of a pipe renovation. The bridge will connect the two historic mill villages, a critical link in the Dan system.

Of course all of this takes money. We have great public and private support for the trails, and we continue to search out new funds. PAL, through Spartanburg County, has re-applied for the major transportation grant that we applied for last year with an altered route to meet the different grant criteria this year. The program, called the Rebuilding American Infrastructure with Sustainability and Equity, or **RAISE**, would fund 14 ½ miles of trail, much of it along **Fairforest Creek**. The grant would also help fund road improvements on **WO Ezell Boulevard**, the **airport loop** and a bridge crossing **Southport Road**. The trail would temporarily end at **R.P. Dawkins Middle School ⑤**.

This is an ambitious plan, and whether we receive the grant or not, we intend to continue to develop the trail along Fairforest Creek, which crosses Spartanburg from northwest to southeast, and ties together neighborhoods, parks and new developments.

We're also working on other connections: **Beaumont into downtown and the Northside ⑥**, out to Spartanburg High School and a segment out from **Glendale to Clifton ⑦** to go along with the Mary Black Foundation Rail Trail extension to Barnet Park. All of these projects intend to make important connections that allow more options for getting from place to place.

palspartanburg.org



Dear Friends,

Collaboration with community partners, volunteers, public institutions, board and committee members and donors is critical to PAL. Before recently rebranding, the word 'partners' was part of our identity and thus defined our work. While our name has changed, our approach in working hand-in-hand with others has not changed.

Andrew Carnegie said, "Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results." Without PAL's broad team, our impact in this community would be far less significant.

I want to invite you to join in our teamwork. We have some upcoming opportunities, and I hope that you will choose one that fits your interest.

Oct 30 & Dec 11 - Trails stewardship events removing invasive plants; the Dec 11 event is the Newt Hardie Birthday Bash in memory of the Trees Coalition founder.

Nov 25 - Turkey Day 8K
Come participate or join us in volunteering

Advisory Committees
Duncan Park, The Dan, and PAL events

RJ Rockers Run Club on Tuesdays
Holiday Brewing Run Club on Thursdays

Please come join our team so that together we can reach farther!

Onward,

Laura Ringo, Executive Director



In the coming weeks, PAL will begin phase 2 of the Spartanburg Healthy Schools Initiative.

This project is a partnership between Spartanburg School District 6, PAL, Mary Black Foundation, Alliance for a Healthier Generation, PASOS and United Way of the Piedmont. Additional collaboration will include families of Spartanburg District 6, Spartanburg Mental Health and an evaluation team out of USC Arnold School of Public Health. The evaluation team will help track whether or not our work

and that of our partners is having the impact that we expect. We look forward to sharing these outcomes.



The initiative's purpose is to create a healthy school and community environment in which students, families and staff develop lifelong healthy habits, which will help prevent and reduce the prevalence of chronic diseases and create a community that supports the "whole child" for lifelong well-being. The work of this team will be rooted in equity to help acknowledge each lived experience.

WELCOME NEW PAL'S!



PAL welcomes Lori Boyd as our new Advocacy and Food System Coordinator! Lori will spearhead healthy eating initiatives like cooking classes and advocate for health and wellness policy improvements. She will also support the Wholespire Spartanburg County Coalition and the Spartanburg Food System Coalition.



PAL is excited that Clarissa Nesbitt has joined our staff as the Partnership Manager. Clarissa will lead the Spartanburg Healthy Schools Initiative phase 2 by convening community partners who are invested in health and wellness in our schools.

DUNCAN PARK VISIONING PLAN

Anyone interested in participating in this group should email info@palspartanburg.org.

The National Park Service (NPS) Rivers, Trails and Conservation Assistance Program announced the selection of Spartanburg, SC, to receive expert consultation from the NPS on Duncan Park Visioning Plan.

PAL submitted the grant request with the City of Spartanburg to engage stakeholders, the surrounding neighborhood and the broader community in re-imagining Duncan Park into a vibrant destination including multi-use trails, open spaces and possibly water activities. Another goal is to create a vision for a community gathering space that will connect the recreation spaces with the historic stadium.

By undergoing the re-visioning process, the park stands to deliver enhanced health, economic and outdoor recreational benefits

to the local community. Community members will have the opportunity to provide input in late 2021 and throughout 2022 as to how new and existing trails should connect, as well as what new amenities will best serve the current residents. A friends-of-the-park support group will be developed to assist with implementation of the new Revisioning Plan, fundraising and park maintenance.

According to Assistant City Manager Mitch Kennedy, "Duncan Park is one of the City's oldest parks, and there is significant momentum already thanks to a partnership with Spartanburg School District 7 and now the Spartanburgers. In order to build on their successes, now is the time to engage our community in creating a vision for this beautiful facility. This project is ripe for redevelopment!"



TEAM FEATURE: L39ION OF LOS ANGELES

We were excited to host L39ion to the Crit for the first time! L39ion, pronounced legion, was founded by Justin and Cory Williams with the goal of eliminating boundaries and increasing diversity and inclusion in cycling.

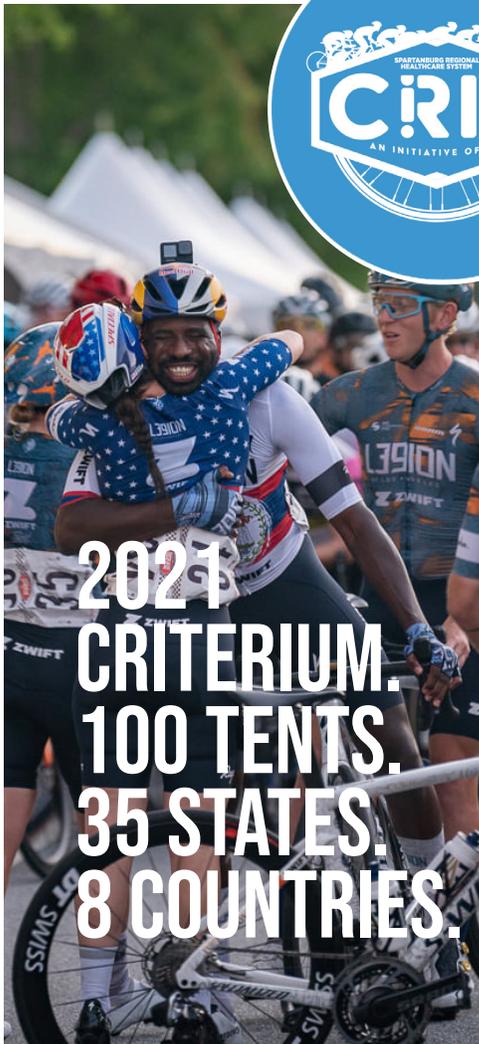
The team had a great representation at the Crit, with Skylar Schneider and Kendall Ryan finishing 1st and 2nd for the women's pro and Ty Williams 3rd for the men's pro.

Recently L39ion's Operation Manager, Michael Roecklein, talked with Lindsey about their mission, team, and what sets them apart in the

industry. According to Michael, L39ion "provides opportunity for anyone, but especially people of color who have been marginalized in this sport...we are looking at ways to give back and reinvigorate cycling in America."

They are also inclusive within their team and value their women and men riders equally. Says Michael, "When Cory came up with L39ion, he really wanted it to be one team because he had seen the divide in the industry and he didn't want that." The L39ion team is more like a family that "share resources and bridge the gap."

It was an honor to host this amazing team in our town and we cannot wait to see what they do next!



2021
CRITERIUM.
100 TENTS.
35 STATES.
8 COUNTRIES.

COOKING CLASS

Health is wealth. You are what you eat.

Learn More and Sign Up!

We've heard these things all our lives. PAL Spartanburg is here to promote wellness and vitality throughout every stage of life. Did you know that we offer **free** cooking classes that utilize FoodShare produce boxes? These boxes contain fresh fruits and vegetables and are available by pre-order every two weeks. You will receive 15 pounds of produce for only \$15 (SNAP \$5) - you won't find a better bargain anywhere! The classes are part of a pilot effort we are testing to incorporate throughout South Carolina's FoodShare program.

For November and December, we are offering classes focused on holiday recipes.

The virtual (online) classes are scheduled for **November 18** and **December 16**, beginning at 6:00 pm and lasting approximately one hour. From the comfort of your own kitchen, we invite you to join us to create delicious foods.

To learn more about FoodShare, please visit www.ruthsgleanings.com or call 864.586.2840.

To sign up for the cooking classes, all you need is an email address and internet access. To register, please visit palcooking.eventbrite.com.

If you have questions or want more information, please contact Lori Boyd (lboyd@palspartanburg.org) or call 864.598.9638.

We hope you can join us!



**1ST ANNUAL JUMP JAM
AT VIC BAILEY SUBARU BIKE PARK**
Sponsored by BVI Development

A BIG CONGRATS TO OUR JUMP JAM WINNERS:

- Michael Kane
- Chase E. Furnas 'Best Style'
- Eli Sandrock
- Demtek 'Best Trick'
- Gavin Brown
- Site Design 'Best Whip'

The event started with the Wade's Restaurant Kids Short Dirt Track Races where kids from balance bikes to 12 years old competed on the pump track and flow coaster. Next, we moved on to the main event; the Jump Jam Sessions! Participants rode the jump line as they competed for 3 prizes. **Thank you to all of our sponsors and everyone who came out to watch.**



PAL TURKEY DAY

8K

NOVEMBER 25
REGISTER NOW AT
PALSPARTANBURG.ORG/TD8K



LAURA RINGO
Executive Director

NED BARRETT
Trail Development Manager

LINDSEY GRAHAM
Marketing & Events Director

ALISSA DUNCAN
Coalition & Food System Manager

EMI BAUTISTA
Schools Coordinator

LORI BOYD
Advocacy & Food System Coordinator

CHRISTY BARRETT
BCycle Specialist

CHANNING HOUSER
Agricultural Sustainability Coordinator

CLARISSA NESBITT
Partnership Manager

DAWN WADE
Bookkeeper

