



## PARTNERS FOR ACTIVE LIVING IS NOW PAL!

The new PAL stands for Play. Advocate. Live Well. and better identifies our vision of a healthier Spartanburg for all.

We can hear our friends and partners saying – wait, aren't you already PAL? Yes, that has been our acronym for many years. Yet our full organization name no longer reflects all we do and everyone we serve. In late 2019, PAL staff and board met to plan the strategic direction of our work for the next few years. PAL is well known for advancing active living. The strategic planning process helped clarify that PAL also works extensively to promote healthy eating and foster health equity.

Play. Advocate. Live Well. Represents all three elements of our mission: advance active living, promote healthy eating and foster health equity.

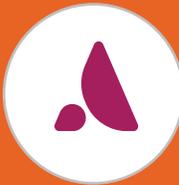
To top it all off we have launched a new website to reflect our mission and serve our community more efficiently. Check it out:

[palspartanburg.org](https://palspartanburg.org)



### PLAY.

At PAL we create spaces that promote active and passive play for our community. We are an organization that embraces playing outdoors through our initiatives like Spartanburg BCycle, trail and park development and the Turkey Day



### ADVOCATE.

PAL would not be PAL without our many community partners. We support organizations, programs and initiatives that fall in line with our vision to make Spartanburg a healthier, more active and thriving place to live, work, and play.



### LIVE WELL.

For PAL, living well encompasses everything we strive to achieve. Wellness is a process of change and growth within the physical, mental, emotional and social realm. With everything we do, we have a goal of providing opportunities to increase wellness in our community.



Dear Friends,

As our community emerges from the pandemic, PAL is optimistic about the work of our mission – advancing active living, promoting healthy eating, and fostering health equity. As we know and experienced firsthand, this mission is critical to our individual and collective health and wellbeing.

In a recent workshop members of our team and many community partners talked about what it means to flourish – “to grow or develop in a healthy or vigorous way, especially as the result of a particularly favorable environment” (Oxford Languages). With your help, we know that Spartanburg can flourish thanks to the addition of new trails (see pg. 3), parks that are more equitable, additional local healthy food (see pg. 2), fast-paced community events (see pg. 4), and schools that refocus on wellness for students, staff and families. Even after unprecedented challenges, the future of Spartanburg is filled with hope. The entire PAL team is honored to be part of the next phase of new growth in our community.

Happy trails!

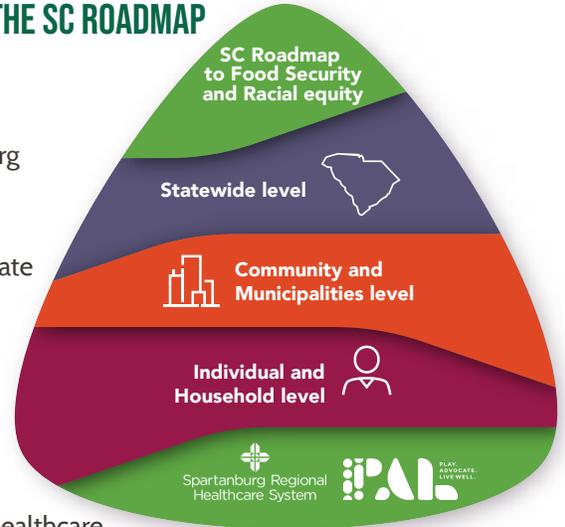
Onward,

*Laura Ringo*

Laura Ringo, Executive Director

## PAL AND SPARTANBURG REGIONAL HEALTHCARE SYSTEM'S PARTNERSHIP WITH THE SC ROADMAP TO FOOD SECURITY

Recently the Spartanburg community was one of four communities chosen in SC to participate in the South Carolina Roadmap to Food Security Learning Collaborative. PAL will be working hand-in-hand with Spartanburg Regional Healthcare



System, FoodShare Spartanburg, Spartanburg Housing Authority, the YMCA of Greater Spartanburg, and University of South Carolina's SNAP-Ed Program at the Arnold School of Public Health, as well as Blue Cross Blue Shield SC Foundation and The Duke Endowment.

The project aims to engage local and statewide partners to build upon, align, and accelerate current efforts to improve food security and racial equity at three levels of action- individual/household, community/municipalities, and statewide. Another goal is to bridge community and healthcare.

## WELCOME CHANNING



PAL is excited to welcome **Channing Houser** to our team as the Agricultural Sustainability Coordinator. Channing is responsible for agricultural community outreach, agricultural partnerships and distribution. He's originally from Connecticut and has lived in Spartanburg since he was accepted to Wofford College in 2017.

He has experience in peer mediation and youth mentorship. A mantra he keeps in mind is “It's not what you're feasting on, it's who you're feasting with.” Channing is motivated by his own family upbringing and bringing the community together using resources that they already have.



Work among community partners to develop The Daniel Morgan Trail System (DAN) continues. Here is the latest map of routes that are existing, that are in the development process, and that are proposed. The current momentum and progress would not be possible without the public and private collaboration supporting this project.

Thanks to a partnership with Spartanburg Area Transportation Study (SPATS), PAL tracks trail use with infrared counters. This data showed significant growth of recent trail use, and a few examples include:

- Mary Black Foundation Rail Trail**  
Uses in 2020: **217,335**  
up 775% since 2009
- Butterfly Creek Greenway**  
Uses in 2020: **32,446**  
up from 15,867 in 2018
- River Birch Trail**  
Uses in 2020: **50,598**  
up from 17,000 in 2019
- Wadsworth Trail**  
Uses in 2020: **29,333**  
up from 6,615 in 2010

Spartanburg’s trails were enjoyed more in 2020 than in any other year. The trails in our community allowed safe, distanced and outdoor recreation during a challenging time. Many parallel some of our beautiful creeks providing an extra dose of nature therapy.

**FUTURE GROWTH ON THE DAN**

- 1 Canopied trail under a train trestle along the Lower Drayton Trail
- 2 Ramps to a bridge connecting Beaumont and the Lower Drayton
- 3 River Birch Trail from its current terminus to East Main St
- 4 MBF Rail Trail into downtown Spartanburg
- 5 Three Creeks Trail along Vanderbilt Rd, phase 2
- 6 Downtown Memorial Airport 4.5 mile loop trail ( as funding is available )

Spartanburg is fortunate to have community and elected leaders who understand that quality of place leads to a thriving economy. Expanding Spartanburg’s trail network would not be possible without their support. Other private funding sources like Mary Black Foundation and Spartanburg Regional Healthcare System have also contributed significantly.



## SPARTANBURG BCYCLE CELEBRATES 10 YEARS IN OPERATION

In May, BCycle, the southeast's first bike share program, boasted ten years in operation. To celebrate this milestone, Spartanburg residents from young children to seasoned artists submitted artwork that has been installed on BCycle baskets that are located throughout Spartanburg's urban area. Participants were asked to share what bicycling means to them. "PAL is thrilled to celebrate this 10th BCycle anniversary by showcasing artistic pieces by our community on our BCycles," said Laura Ringo, Executive Director. "Many of the pieces reflect the significance of recreation and our environment."

Over the last 10 years Spartanburg BCycle has resulted in 29,000 trips and 175,000 miles ridden!



## SPEND A DAY AT THE RAIL YARD COMMUNITY PARK

- Hop on a BCycle
- Race at the Panthers Play 60
- Cooloff at Balmer Foundation
- Watershed Amphitheater Run through the misting arches
- Shred on the Vic Bailey Subaru Bike Park
- Stretch out at the yoga pad and fitness equipment
- BYO lunch at the picnic shelter
- or get your flock on at Flock Shop for some yummy eats!

**Parking at Glendale Rd.**



## SPARTANBURG REGIONAL HEALTHCARE SYSTEM CRITRIUM IS AUGUST 20

Save the date for the **#fastestnight** in Spartanburg on August 20th!\* The Crit is a multi-lap professional cycling race in downtown Spartanburg. This bike race turns the heart of the city into a one of a kind block party!

Rent a tent, load up your tailgating gear and join the fun while watching cyclists race around the half-mile course!

\*We'll be monitoring COVID-19 numbers closely as the date approaches. If the situation changes, the most up to date information will be available on [spartanburgcrit.com](http://spartanburgcrit.com).

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