



partners for active living

Be Bold, Be Brave, Be Well, Spartanburg

In January, the Spartanburg community embarked on a new challenge in partnership with a national nonprofit called HICCup. It is called The Way to Wellville. Through this challenge Spartanburg chose five issues to improve through five metrics over five years.

One of the issues is obesity prevention, and Partners for Active Living is thrilled to play part. PAL Executive Director Laura Ringo and Mary Black Foundation Trustee Anna Converse are co-chairing this initiative and have set the bold goal: every city of Spartanburg resident will live within one-half mile of a place to access healthy food and physical activity within five years.

Despite our best efforts, it still sometimes feels like we have to work very hard to make healthy choices instead of them being easy, convenient, and accessible.

The Way to Wellville obesity prevention committee wants to change that. There is plenty of health research that says that if residents can walk out their front

door and choose to be healthy, they are more likely to do so.

Think about it: say you are a parent or grandparent of two young children and you are able to walk out your front door to go for

a walk on a sidewalk or safely get to a park. You are probably much more likely to do so on a regular basis than if you have to pack the children, their snacks, wagon, bicycles into the car and travel somewhere.

PAL works toward achieving this goal, such as the shared use agreement that PAL facilitated between School Districts 6 and 7 and the City of Spartanburg to open schoolyards to community use on weekends and in the summers.

While achieving our goal will create a healthier Spartanburg, we also know that the road will not be easy and we may, in fact, not succeed. We believe the words of former South African president Nelson Mandela, "there is no passion to be found playing small." Be bold, be brave, be well, Spartanburg!



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

Will Beeker
Hub Cycle Coordinator
Ned Barrett

Trails Coordinator
Michael DiSantos
Bicycle Mechanic

Rebecca Parrish
Healthy Kids Coordinator
Liz Perry

Food Finance Specialist
Laura Ringo

Executive Director
Audrey Sperry

Active Lifestyles Coordinator

Board of Directors

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Website
www.active-living.org

PAL Named Platinum Level Bicycle Friendly Business

It only seems right that Partners for Active Living would earn a Platinum level Bicycle Friendly Business designation from the League of American Bicyclists. We do, after all, lead the charge for walkability and bikeability in South Carolina's first League designated Bicycle Friendly Community.

Partners for Active Living joins a cutting edge group of more than 1,050 local businesses, government agencies and Fortune 500 companies in 47 states and Washington, D.C., that are transforming the American workplace, including the Mary Black Foundation.

Moving forward, Partners for Active Living will have access to a variety of free tools and technical assistance from the League to become even more bicycle-friendly. When our employees bike, great things happen: we become more connected with our community and improve the health and culture of our workplace.

If you are interested in finding out how your business can be more bike friendly, call us at (864)598-9638.



Volunteers Help Steer Bicycle Program

Ingrid Norris and Rich Byrd have developed a passion for BCycles. Both have long appreciated the program that encourages bicycling and provides another option for getting exercise or getting around town.

Ingrid said that "when I saw the call for a volunteer to help keep the BCycle stations looking good, I thought now that is something I can do. The nicer a first impression is the more likely it will stick."

Rich "feel(s) like volunteering to help maintain the BCycles is a way to contribute to the mission of PAL, promoting healthy places and programs in our home town."

Volunteering at PAL is easy: we have a variety of needs, from the weekly rounds that Ingrid and Rich make to helping out at events like the Downtown Criterium in May. We could use someone to help with trail count data, and would love to have someone volunteer to coordinate volunteers. For more information about volunteering at PAL, check our website, www.active-living.org/get-involved.





The 2015 Healthy School Summit featured keynote speaker Dr. David Walsh, the founder of Mind Positive Parenting. More than 130 administrators, teachers, school nurses, parents and volunteers attended the summit which focuses on creating healthy environments, from nutrition to activity to lifestyle habits in school communities.



The end of summer marks the start of a new year with new Americorps volunteers. This year, Will Beeker and Liz Perry are joining us. Will will work with the Hub Cycle program; Liz will focus on healthy food access. We love our Americorps members and all they do for us!



The City of Spartanburg Bicycle and Pedestrian Commission is sponsoring bike valet parking at Jazz on the Square in September and October. Hosted by globalbike, the Spinx Bike Race Team, the Spartanburg Freewheelers, the Bearden Josey Women's Cycling Team and the Commission, valet parking is available throughout the event. Jazz on the Square is held at Morgan Square on Friday evenings starting at 5:30.

We found Ruth Littlejohn riding the "Love Where You Live" bike. Who will ride it next? It could be you. It's been seen around town with a variety of local celebrities in the saddle. All who check out this beauty will be entered into drawings each week in September. Could you be the next winner?



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
Volunteers at
Partners for Active
Living**

Total Hours 2014-2015
1356

Goal hours 2015-2016
1700

Most volunteer hours for
single event
**Downtown Criterium:
285 hours**

Get Moving!

Fridays at noon: Friday Lunchtime Rides
Meet at the MBF Rail Trail BCycle station

First & Second Thursdays through December:
Bike safety and maintenance classes: no experience necessary

Locations change, so check our Facebook page

October 5: PAL Night at Chipotle, 4 pm-8 pm
50% of the proceeds go to PAL

Just tell the cashier.

October 7, 2015: International Walk to School Day, 7 am
Check with your school for details.

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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