



## Friendly Spaces, Happy Places

### Balmer Foundation Watershed Amphitheater

Did you know that the MBF Rail Trail serves as the watershed, or drainage, divide between the Fairforest and Lawsons Fork basins? As a way to visually represent these two basins, horticulturist Stewart Winslow designed the Balmer Foundation Amphitheater at The Rail Yard. There will be eight arches at the top of the amphitheater for the various creeks and stream, including the Fairforest and Lawson's Fork, which feed next into the Tyger River and Pacolet River basins. In addition, the amphitheater has a divide down the middle separating the Tyger and Pacolet River basins. On the MBF Rail Trail side of the amphitheater, there will be two spray tunnels to share some mist that will ultimately drain into the creeks, streams, and the Broad River. ■



## Get Out & EXPLORE!

Congratulations to the City of Spartanburg, on the recent opening of the Airport Park, an airport themed park in front of the Spartanburg Downtown Memorial Airport. The park boasts views of airplanes taking off and landing and includes picnic shelters, playgrounds, swing sets, baby swings, walking path and a public restroom. ■



## get moving

- **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 the Mary Black Rail Trail at noon
- **VOLUNTEER WITH PAL**
  - Help PAL sustain our local trails as a trail liaison
  - Volunteer at a PAL event
  - Turkey Day 8K on Thanksgiving morning
  - Criterium professional bike race on April 26, 2019
  - BCycle mechanic volunteers needed

Contact [lgraham@active-living.org](mailto:lgraham@active-living.org) for more about these opportunities and other volunteer needs at PAL. For more event information, visit [www.active-living.org](http://www.active-living.org) or call (864) 598-9638.

## staff members

- LAURA RINGO**  
*Executive Director*
- NED BARRETT**  
*Trails Coordinator*
- LIZ PERRY**  
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- LINDSEY GRAHAM**  
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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.

[www.active-living.org](http://www.active-living.org)



JUNE 2018 | Volume XL

## inside stories

- 2 **Spartanburg Moves:**  
*Spartanburg BCycle - Meet Rachael Stafford*
- 3 **Growing Up Healthy:**  
*Healthy Schools Initiative - Looking Ahead to Year Three*
- 4 **Friendly Spaces, Happy Places:**  
*Balmer Foundation Watershed Amphitheater*



## Trails Construction

If there's anything we love at Partners for Active Living (PAL), it's moving dirt! Whether for new school play areas, The Rail Yard or new trails, we love advancing opportunities for active living. This spring has been full of "dirt moving" with the re-development and extension of the River Birch Trail and the completion of the bridge across the Lawsons Fork between Drayton and Beaumont.



### The River Birch Trail

is Spartanburg's first paved footpath. Constructed in the late 1970s, it's long overdue for refurbishment. This project will be a big step in our effort to create a low-stress network of trails. Next up in the Lawsons Fork corridor will be to continue upstream behind the East Main Street commercial area.

### The footbridge over Lawsons Fork,

between Drayton and Beaumont, is also recently completed. An engineering firm, hired by PAL, is designing plans to connect the trail on both sides of the river as well as the trail up into Beaumont at Adams Park. This 1/3-mile segment will allow users to make their way toward downtown from Drayton or travel to the Drayton Mills Marketplace from Beaumont. Additional development of the segment will connect the

Drayton trail into the main system in the Barnet Park area.

### And there's more!

The extension of the Mary Black Foundation Rail Trail to Barnet Park should be under construction by the end of 2018, and fundraising is underway for the segment between Barnet Park and VCOM. Engineering is almost complete on a 2.5 mile section from VCOM to Powell Mill Road area by way of Wofford Street and Vanderbilt Road. ■

Letter from:  
**The Director**



On Friday, April 27, PAL hosted the 14th Annual

SRHS Criterium (Crit) as part of Spartanburg's Spring Fling weekend. The growth of this event over the years is nothing short of remarkable, but certainly wouldn't have happened without support from the Spartanburg community, our volunteers, and the many sponsors and tailgaters who've gotten involved.

Since we're often asked why a small non-profit would host such a large scale event – we thought you'd like to know:

1. Celebrations like the Crit go a long way in promoting community health.
2. PAL uses the event to increase the visibility of our mission and goals.
3. Proceeds from the Crit are an important part of our operating budget.
4. We love bringing the community together to share our love of sport.
5. And don't forget the "cool factor." How many communities our size can boast a hip and happening event like the Crit!?

So what's next for the Crit, you ask? Well, send us your ideas; we would love to hear from our community members about ways to improve upon this event!

Sincerely,

*Laura Ringo*

Laura Ringo,  
Executive Director

**Spartanburg BCycle**  
*Meet Rachael Stalford*

Meet Rachael Stalford, a freshman at Converse College and regular BCycle user:



"I am a Biology Major and Secondary Ed minor, with hopes to become a high school science teacher. I looked into BCycle because I needed to get to the library, to the bank and to CVS to pick up prescriptions. This was a solution to having my bike on campus and worrying about it being stolen, getting rusted or flat tires. My favorite route takes me from Converse to the downtown library. I have used BCycle more as a transportation and sometimes for a flush ride after a game on the weekends. I would definitely recommend this to other students - in fact several of my friends already have this and we go downtown to hang out more often because it's faster and safer to bike than walk. I plan on using BCycle next year."



Want to try out Spartanburg BCycle; take a spin on us! Use promo code 071518 at any kiosk for a free 30 minute ride; usage rates apply after the first 30 minutes. For a complete list of BCycle stations, visit [spartanburg.bcycle.com](http://spartanburg.bcycle.com). ■

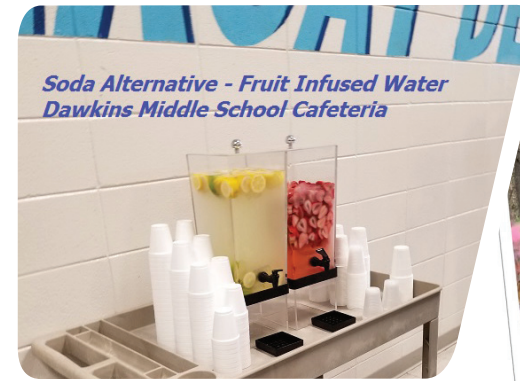
**Did You Know:** PAL's Hub Cycle program has officially moved to the Bridge, an outreach of First Baptist Church. As of May, The Bridge bicycle lending program is open from 9:00 am- 12:00 pm Monday to Thursday and 5:00 pm- 7:00 pm on Wednesday. The Bridge is located in the old Green Street Baptist Church on the corner of Green St. and Brawley St.

**By the Numbers:**

SPARTANBURG CRIT OVER THE YEARS					
	2005	2009	2012	2015	2018
SPONSORS	1	7	12	30	48
TENTS	1	2	14	54	81

**Growing Up Healthy**  
*Healthy Schools Initiative – Looking Ahead to Year Three*

For the past two years, PAL has worked closely with nine Spartanburg County schools through the Mary Black Foundation funded, **Spartanburg Healthy School Initiative**. The many wellness-focused programs, projects and policies already implemented as part of the Initiative are supporting several thousand students and their families.



Healthy students are better learners, and academic achievement bears a lifetime of benefits for health. Schools are an ideal setting to teach and provide students with opportunities to improve their dietary and physical activity behaviors, and to promote healthy habits. When policies and practices are put in place to support healthy school environments, children can grow to be healthy and successful adults.

The National Healthy Schools Program of the Alliance for a Healthier Generation offers a proven framework of best practices to help schools assess their needs and develop action plans to promote and support wellness for the entire school community. PAL partners with the South Carolina senior program manager for the National Healthy Schools program to provide additional in-depth guidance, training and assistance for Initiative schools.

We look forward to the 2018-19 school year and the third year of the Spartanburg Healthy School Initiative. When we inspire and equip our children to live a healthier lifestyle, we benefit the broader community as well. Contact your local school district or PAL to learn more about how to get involved. ■

**Trails Teaser**

There's a new obstacle course coming to Spartanburg with a challenge for every age group! Imagine NFL Combine meets American Ninja Warrior obstacle course: that is what PAL is installing in partnership with the City of Spartanburg at The Rail Yard, the new park on the MBF Rail Trail.

The course includes obstacles designed to develop speed, agility, balance and coordination in both children and adults. An automated timing device allows participants to time themselves through the course, which also features a timed 40-yard dash. Look for this exciting feature on The Rail Yard later this summer. ■

