

VIC BAILEY SUBARU

# BIKE PARK

A FEATURE AT THE RAIL YARD

NOW OPEN



It's official! The Vic Bailey Subaru Bike Park is open to the public and has been received with enthusiastic support. Partners for Active Living is honored to help bring this new recreation destination to our community.

Over the last two years PAL and the Coalition for Active Youth have raised almost \$400,000 to build this one-of-a-kind facility. The new park is located on the **Mary Black Foundation Rail Trail** and is part of The Rail Yard Community Park (located along Old Glendale Rd behind the Flock Shop). The Bike Park has something for everyone and was designed with progressive features. New riders can start small and work their way up and seasoned riders and professionals can start big out of the gate!

In a recent trip to the park, Mandy Park and her son Dylan shared their experience with us. **"I absolutely love that Spartanburg has this new and awesome bike park. We are fortunate to have this addition in our community. This park attracts a diverse group of people which builds and encourages new friendships,"** Mandy shared. Mandy's six year old son's favorite feature is circling the berms as fast as he can!

We asked Mandy if she has any tips for other women who are considering the jump and she responded, **"My favorite quote is, 'you never know until you try.' Don't let guys intimidate you, they have all been great teachers showing off their skills on their bikes! This is a sport for anyone!"** PAL couldn't agree more!

Riders must sign a digital waiver before exploring the bike park visit [spartanburgbikepark.org](http://spartanburgbikepark.org)



#spartanburgbikepark



Dear Friends,

"In Spartanburg, healthy living comes naturally. It is fun, easy, and safe because we are connected to our community, to each other, and to the nature that surrounds us. We utilize our vast natural resources, gardens, local markets, trails, and parks routinely. We walk and bike through our neighborhoods, play outdoors and share healthy meals. We embrace our wonderful quality of life."

This statement captures Partners for Active Living's vision for the Spartanburg community.

In the months just prior to the COVID-19 quarantine the PAL board of directors, past chairs of the board, and our staff gathered to articulate how we will make significant progress toward our vision in the coming years. We outlined our places of most potential, as our strategic planning coach Patrick Jinks called them (check out our podcast with Patrick). These are the critical outcomes that we believe will lead to the greatest mission impact. We have outlined those in the graphic on the right.

As part of the process, PAL renewed our commitment to active living, which we know relatively well. We will continue advocating for a community where activities like walking and bicycling are safe, easy, and convenient. In addition, we stated our intention to play a key role as advocates for accessible healthy, local food because physical activity and healthy eating are inextricably tied in chronic disease prevention. Finally, PAL will direct our activities so that we help close the gap on health inequities in our community. This has long been part of our work and now we are including it in our mission: advance active living, promote healthy eating, foster health equity.

Hang on; the next four years are going to be big!

Onward,

*Laura Ringo*  
Laura Ringo, Executive Director

[active-living.org/blog](https://active-living.org/blog)



STRATEGIES

CONNECT AND COMPLETE  
THE DAN TRAIL SYSTEM

ENGAGE TWO READY SCHOOL DISTRICTS TO ADVANCE THE ALLIANCE FOR A HEALTHIER GENERATION FRAMEWORK & IMPLEMENT DISTRICT-LEVEL POLICIES THAT SUPPORT HEALTH & WELLNESS

IDENTIFY & ESTABLISH OUR ROLE IN PROVIDING INCREASED ACCESS TO HEALTHY FOOD

EXPLORE AND PURSUE OPPORTUNITIES & COLLABORATIVE STRATEGIES FOR ADDITIONAL ACTIVE SPACES



ENDLESS WAYS TO RIDE THE PUMP TRACK

400 TRUCKLOADS OF DIRT

18 LOGS IN THE STICK PARK

RIDEABLE BIOSWALE RAMPS 3

2 WOODEN TURNS

1 CONTAINER MOUNTAIN

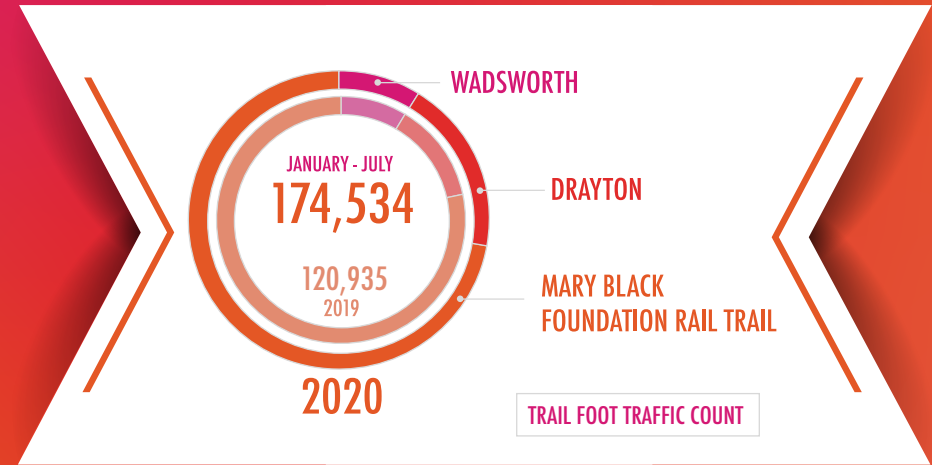


EMERGENCY FOOD SYSTEMS IMPACT DURING COVID-19

51,951 LBS OF FOOD GIVEN AWAY

7,803 PEOPLE IMPACTED

10 FOOD DISTRIBUTION GIVEAWAYS



## SPARTANBURG HEALTHY SCHOOLS INITIATIVE

The first phase of the Spartanburg Healthy Schools Initiative ended in 2020 with remarkable progress achieved over the four year pilot. Thanks to the financial investment of the Mary Black Foundation and the hands on guidance of Partners for Active Living and the Alliance for a Healthier Generation, thousands of students and families have access to improved school campuses, increased healthy messaging, and additional learning opportunities. Hundreds of dedicated school staff are implementing the national Healthy Schools Program, which supports them in their own wellness journeys as they serve their communities.

The initiative continues into the 2020-21 school year. Partners for Active Living will again partner with the Mary Black Foundation and the Alliance for a Healthier Generation to expand the Healthy Schools Program to include all schools in Spartanburg District Six.



All students from pre-K through high school will be involved in extra learning opportunities to develop healthy habits for a lifetime, and a comprehensive employee wellness program open to all district staff will continue to be developed and expanded.

More than ever, wellness is a critical component of education. Partners for Active Living continues to be committed to supporting our local school communities.



RIVER BIRCH TRAIL  
**MILLIKEN**  
BRIDGE

What appears to be one small step in the completion of the Dan is actually a giant leap for the trail along the Lawson's Fork Creek.

With the installation of the Milliken Bridge this summer, the River Birch Trail leapt a feeder creek of the Lawson's Fork eventually to make its way upstream, under East Main Street to Drayton and Beaumont. The Milliken Bridge, funded by Milliken and Company, is 70' long and 10' wide, made of aluminum, and came in two sections. The next phase should see construction in 2021, including an underpass of the Norfolk Southern railroad trestle at Drayton.



NEW VANDERBILT RD  
**THREE CREEKS**  
TRAIL

This summer saw the completion of a segment of the Three Creeks Trail along Vanderbilt Road.

This portion runs along Fairforest Creek to the north. After a protected on-street portion, the trail becomes a ten-foot side path in front of Summer Place Townhomes and stops (for now!) at Wofford Street. Future segments along Wofford Street will connect to the Northside and Barnet Park. The Three Creeks Trail will connect west to WO Ezell Boulevard and the airport, and points west. Thanks to Mary Black Foundation, Spartanburg Regional Healthcare System, the City of Spartanburg, and Spartanburg County Parks for helping fund this beautiful new connection.



**TAKE THE**  
**BINGO**  
**CHALLENGE**

Scan this code with your phone camera to download the BINGO card directly to your phone!



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