

The Bike Park at the Rail Yard

A few years ago, the Coalition for Active Youth dreamed of and started planning for a bike park in Spartanburg near the MBF Rail Trail and the Hot Spot Skate Park. Shortly afterward, Partners for Active Living began design for The Rail Yard Community Park. At The Rail Yard, the designer suggested bicycle jumps and trails in the wooded area of the park. Instead of working on two separate efforts, the two groups combined forces, each bringing various expertise.

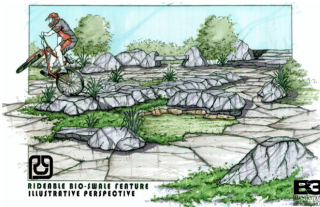


The bike park's target population is youth ranging from elementary school to young adults. Body mass index rates among children and youth increase with age. The addition of inviting opportunities for activity, for these target groups especially, will go a long way in expanding access for physical activity.

One third of the park will include attractive bicycle features like wood and dirt flow trails (definition: "flow trails take mountain bikers on a terrain-induced roller coaster experience, with little pedaling and braking necessary"), an entrance feature and staging area utilizing shipping containers, jumps, and a pump track (definition: "a pump track is a continuous circuit of dirt rollers, berms, and jumps that loops back on itself, allowing you to ride it continuously"), and a skills park, as well as a rideable bioswale. ■

Ridable Bioswale at the Bike Park

A rideable bioswale will be installed at the bike park to improve water quality at The Rail Yard and along Spartanburg's most popular recreational feature, the Mary Black Foundation Rail Trail.



The design integrates large boulders through and across the bioswale so that it provides excitement and a level of "cool" to hop across any soggy areas while improving water quality. ■

Support the bike park by joining The Coalition for Active Youth for the Fifth Annual Hub City Brew Fest on October 19 from 1- 5 PM. This festival attracts craft beer enthusiasts to the heart of Downtown Spartanburg to enjoy offerings from the more than 25 North and South Carolina breweries represented at this annual event. Proceeds raised will benefit the bike park!



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About Partners for Active Living (PAL):

Partners for Active Living transforms Spartanburg County into a vibrant, healthy, connected community where we live & grow.



www.active-living.org



The Daniel Morgan Trail System

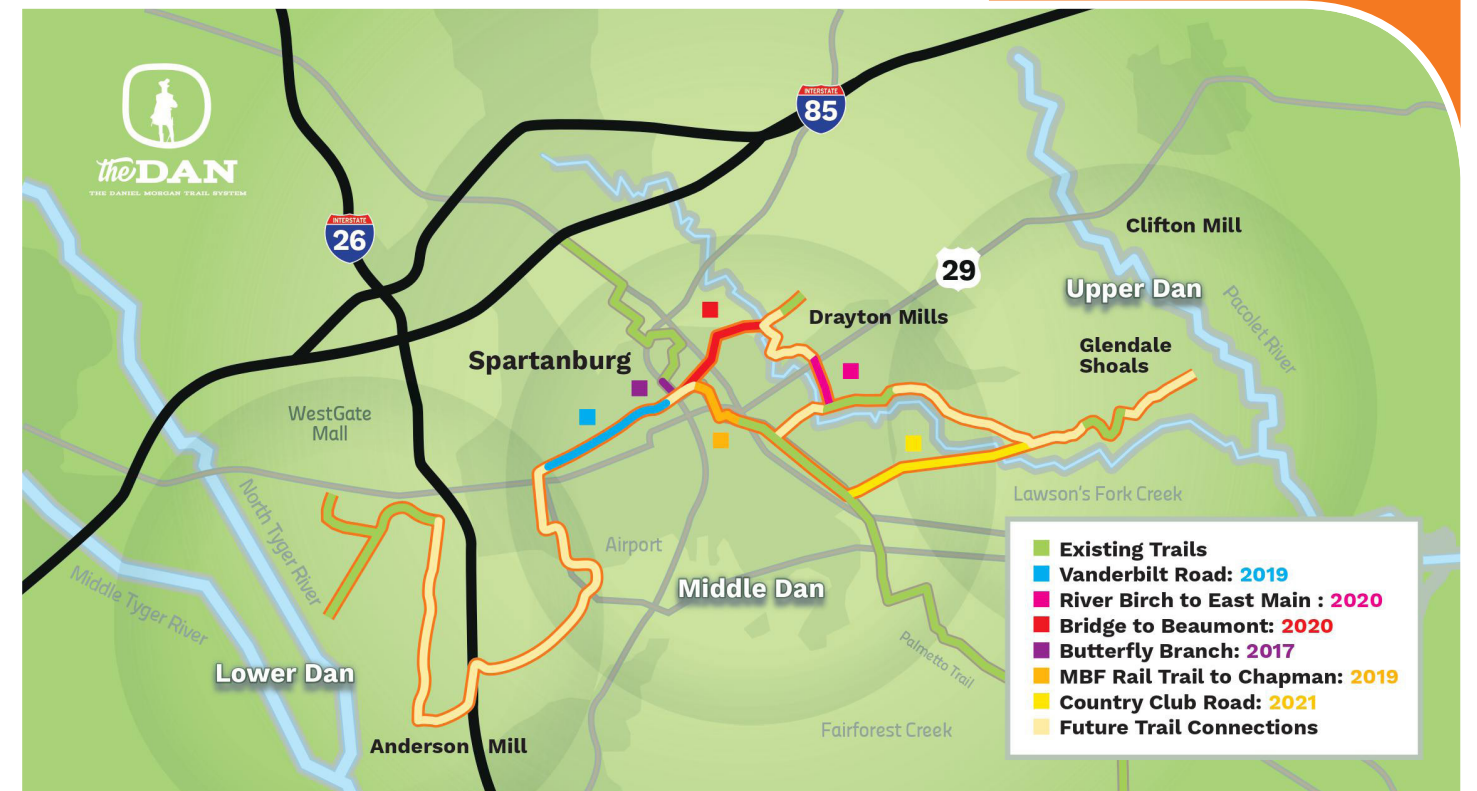
"Quality of life truly determines the livability of an area. Trails and greenways provide the tools for all Americans to shape their communities and retain the level of quality that they desire." We found that quote recently in an article about trails and livable communities and we wholeheartedly agree! Indeed, it is this belief that has set in motion a major community development project.

In recent years the Partners for Active Living board of directors and staff had a vision and developed a plan of connecting our urban area so that it is safe to travel without a car, whether by foot, bike, stroller, wheelchair, skates, scooter – you name it! Thankfully, Spartanburg is well poised for such a proposal, thanks to 11 miles of existing trail with the Mary Black Foundation Rail Trail, the Wadsworth Trail, Cottonwood Trail, and a network of trails at Glendale.

The goal to tie these trails together means developing 21 new miles. To date, we've added the Upper and Lower Drayton Trails, the first phase of the River Birch Trail,

and most recently the Westview Elementary School connector. Over the next few years, many more will hit the ground as we build a connected, cohesive, and vibrant community. We hope you'll find some time to explore the trails and greenways closest to you! ■

Can you imagine waking up on Saturday morning and riding your bike to downtown Spartanburg for lunch? After, hop back on your bike and ride down to Glendale Shoals for an afternoon near the water. This is our vision and why we are building trails.



Letter from:
The Director



Dear friends,

In Spartanburg, we are creating One Spartanburg, and a trail system is our path to get there.

The simple fact is that physical inactivity is a major cause of most chronic diseases. Access to recreation areas and trails increases physical activity. Studies prove that children, in particular, who live closer to recreational areas have much lower rates of obesity. The smartest investment we can make in preventative health is in our children.

Trails have a great return on investment. The creation of a 1-mile trail is still less than the health expenditures relating to obesity and diabetes. A recent study calculated a cost-benefit ratio of 2.94, meaning that every \$1 investment in trails for physical activity led to almost \$3 in direct medical benefit.

Walkable communities make it easier for people of all ages, abilities and income levels to be physically active. One community found the construction of their trail system saved \$1.7 to \$2.3 million annually on health care costs due to the number of residents who became exercisers and lost weight by using the trail.

Trails are an effective investment in preventative health. Solutions must include opportunities and environments for healthy, active living to truly impact the health of our citizens at individual and population levels.

Onward,

Laura Ringo
Laura Ringo,
Executive Director

The Brand

To solidify our vision of a seamless trails system, and to engage the community in our efforts, we've enlisted the help of Spartanburg's Whipp Advertising to create a brand for the new network of trails. Following months of conversation with focus groups and local leaders, we've developed a communication tool that will promote the concept of our connected trails in a truly tangible way. Just as Greenville's Swamp Rabbit Trail identifies the rolling blacktop dedicated to 19 miles of beautiful multi-use trails, we're excited to introduce you to The Daniel Morgan Trail System, or better yet, simply, The Dan!



It was General Daniel Morgan who helped deliver one of the most important victories against the British at the Battle of Cowpens in 1781. Celebrated for bringing about a decisive turning point in the American Revolutionary War, the revered General was honored with a statue that stands, to this day, as a symbol of pride in downtown Spartanburg, two centuries and over three decades later, Spartanburg has turned some of the same pathways used by Morgan and his troops, into an integrated trail network.

We think The Dan:

- Feels like Spartanburg and is unique to our community
- Celebrates our history but isn't stale
- Applies to the City and the County
- Is short and catchy since we have existing trail sections that have long names
- Is uniquely Spartanburg!

The Commitment

On Thursday, September 5, Mary Black Foundation announced a \$1,000,000 commitment for the construction of new trails over the next four years. This monumental gift is a significant step in our dream of physically connecting our community.

"We at the Mary Black Foundation believe that parks and trails are an important part of a healthy and vibrant community. Ensuring access to trails and other safe and affordable places to be physically active has been a priority of ours for over 15 years. Much progress has been made to date and we are excited about the next phase of work that will connect the Mary Black Foundation Rail Trail to additional trails throughout Spartanburg. The Foundation is proud to be able to financially support PAL and this effort, which will increase opportunities for more people in our community to access the health benefits of walking trails."

The initial funds will serve as the lead gift for a trail that parallels the Fairforest Creek along Vanderbilt Road. This moves our trails network from the downtown corridor into the westside of our city.

The Collaboration

Just as the trails network serves the community – it will take a community to make it happen. Our broad partnership includes non-profits, city and county government and private companies, all supporting the system from implementation of new trails to maintenance of the entire system."

Want to be involved?

Donate today at dantrail.com.

Our Partners in The Dan



Meet Our New Board Chair, Jalitha Moore



Partners for Active Living welcomes a new board chair, Jalitha Moore.

Jalitha Moore, 38, is a native of Spartanburg, South Carolina. She is currently employed by the Spartanburg Area Chamber of Commerce as the Downtown Development Analyst and was elected as the new chair of the Partners for Active Living board of directors starting July 1.

"Spartanburg has grown exponentially in the past five years or so. There has been intentionality around making this community a better place to live, work and play for all residents. As a native daughter, I love the direction that Spartanburg is headed but we have so much more to do. I have been fortunate to serve on the Partners for Active Living board for the last three years and see the impact this organization is making, not only in health and wellness, but bringing friends, families and this community, as a whole, together through active living. I look forward to working with my fellow Board members to make this a great year," said Moore.

Moore's community service is extensive. She serves on several boards in addition to Partners for Active Living, including Vice President of the Spartanburg Divine Nine Council. Jalitha was the visionary for the Let's Unite Community Cookout focusing on unity in the wake of the tensions between communities and law enforcement. She is the Inaugural YP recipient for the 2018 Spartanburg Young Professional in Service and was the recipient of the 2018 Walter S. Montgomery, Jr. Award for Young Leadership presented by the United Way of the Piedmont. She is a member of the Epsilon Beta Omega chapter of Alpha Kappa Alpha Sorority.

She is a 1999 Spartanburg High School Honors graduate and completed her Bachelor of Arts Degree at Winthrop University in 2003.



Upcoming Projects

Fall 2019 / Early 2020: 4 projects

- Upper Dan: Trail connection at the Lower Drayton Trail under the Norfolk Southern trestle
- Upper Dan: 70-foot bridge installed in the first phase of the River Birch
- Middle Dan: 0.5 mile Downtown Connector from Henry Street to Chapman Cultural Center
- Middle Dan: 1.2 mile Three Creeks Trail along the Fairforest Creek and Vanderbilt Road