



Friendly Spaces, Happy Places The Rail Yard Community Park



The park features include:
The Trolley Plaza
Given by the Group of 100

The Rail Yard, Spartanburg's newest community park, is along the MBF Rail Trail. To date, \$1.4 million has been contributed toward the park with over 90% of the funds coming from private sources, including Mary Black Foundation.

This feature is most visible from Forest Avenue and was designed as beautiful pavilion and replica of the trolley that traveled through Spartanburg's urban area in the early twentieth century. At that time Spartanburg's trolley system went from Clifton to Glendale to downtown Spartanburg via Old Glendale Road (Old Glendale Rd is one of the park's perimeters). At that time, there was a building called The Car Barn on the site, and it is pictured in the current replica.

The project was spearheaded and funded by the Group of 100; in addition, Spartanburg Water donated the bottle refilling station with human and canine water fountain.

The Watershed Amphitheater Given by The Balmer Foundation

Did you know that the MBF Rail Trail serves as the watershed, or drainage, divide between the Fairforest and Lawsons Fork basins, which is represented by the Balmer Foundation Amphitheater? Soon eight arches will be installed at the top of the amphitheater for the various creeks and streams, including the Fairforest and Lawson's Fork, which feed into the Tyger River and Pacolet River basins. The divide down the center of the amphitheater depicts the separation of the Tyger and Pacolet River basins. On the Rail Trail side of the amphitheater, there will be two spray tunnels that ultimately drain into the creeks, streams, and the Broad River.

The Tree Tunnel Given in honor of Stewart Winslow

In the coming years the weeping bald cypress planted near the amphitheater stage will provide a backdrop and create a tunnel for park and Trail users to pass through for shade or a cool misting.

The Green Given by Foundation for the Carolinas Longleaf Seeds of Hope

This green space will be open for passive and active activities like picnicking, kick ball, and frisbee.

South Carolina's first Panthers Play 60 Given by Spartanburg County Legislative Delegation/PARD, JM Smith Foundation, Women Giving for Spartanburg, OneSpartanburg

Imagine NFL Combine meets American Ninja Warrior obstacle course: that is the best way to describe this feature. The course includes fun and interesting 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 featured a timed 40-yard dash.

Additional Features:

Picnic Shelter & Little Free Library, given by Junior League of Spartanburg

Tables and Receptacle, given by Wade's Restaurant

Fitness Stations and Yoga Pad, given by Milliken & Co., White Oak Estates, Altrusa-Spartanburg.

The Crit is COMING!

Make plans to join us on April 26 for Spartanburg's #FASTESTNIGHT! The Crit is a closed-circuit, multi-lap cycling race through Downtown Spartanburg, a part of Spartanburg's Spring Fling weekend! This bike race puts a sweet southern SPIN on the traditional tailgate and turns the heart of the city into a simply extravagant party. The Crit consists of 6 races, 4 amateur and 2 professional, with the first race starting at 4 PM. For more information, visit www.spartanburgcrit.com. ■



staff members

LAURA RINGO
Executive Director

NED BARRETT
Trails Coordinator

SIOBHAN SAUL
Healthy Kids Coordinator

LINDSEY GRAHAM
Resource Development
Coordinator

ALISSA DUNCAN
Healthy Communities
Coordinator

LIZ PERRY
Operations and Projects
Coordinator

CHRISTY BARRETT
Bicycling & Administrative
Assistant

DAWN WADE
Bookkeeper

contact us

226 South Spring Street
P.O. Box 6728
Spartanburg, SC 29304
(864) 598-9638

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



SPRING 2019 • Volume XLI

inside stories



Growing Up Healthy:
The Duke Endowment Support



Spartanburg Moves:
Westview Trail Connection



Friendly Spaces, Happy Places:
The Rail Yard Community Park

Dash BCycles

Thanks to a partnership with Spartanburg Community College, Partners for Active Living just launched the next phase in bike-sharing efforts, dockless bikes! These BCycles, called Dash, can be checked out and returned by smart phone without visiting a physical docking station, and are an attractive, easy-to-use option for locals and tourists, alike.

Throughout the downtown core, there are 11 white bikes that say Spartanburg BCycle but look a bit different from our traditional red ones (red wasn't available this round).

"We are excited about our partnership with PAL and the opportunity to encourage those who live, work and play in downtown Spartanburg to utilize the new BCycles to cruise around town" explains Henry C. Giles, Jr. SCC president. "The 11 bikes are available



for anyone to enjoy - SCC students, Denny's employees and those in the area who need transportation or just want to spend time biking in our beautiful downtown."

According to Christy Barrett, BCycle Administrator at PAL, "This addition to our system opens up more

freedom for riders to enjoy BCycle in many different and fun ways. You can check out the bikes for a single ride or purchase different levels of memberships, and your membership will work across the entire system."

Eight years ago Partners for Active Living (PAL) brought Spartanburg BCycle to town in 2011. It was the first bicycle-sharing system in the Southeast and the 11th in the country. Since then, locals and visitors alike have taken over 21,000 trips and ridden tens of thousands of miles. The docked BCycles are available to visitors and residents at 5 key locations around town: Morgan Square, Harvest Park/Edward Via College of Osteopathic Medicine, and the campuses of Wofford College and Converse College, and the Mary Black Foundation Rail Trail.

Letter from:
The Director



Dear friends,

Thanks to your support and involvement, 2019

is looking like a strong year for Partners for Active Living. We remain focused on increasing opportunities for physical activity and healthy eating throughout our community so that our residents have every opportunity to have healthy and full lives.

A few highlights from the first quarter of the year, many of which are further highlighted in this newsletter:

- PAL and Spartanburg Regional Foundation received a three year, \$450,000 Healthy People Healthy Carolinas grant from The Duke Endowment;
- We welcomed two new incredibly talented staff members, Siobhan Saul and Alissa Duncan;
- The MBF Rail Trail: we celebrated over 100,000 annual uses in 2018, planted 42 new trees with the Noble Tree Foundation, and hosted over 50 volunteers on MLK Day of Service with the United Way and Trees Coalition;
- Construction started on the next phase of the Wadsworth Trail on the Westside;
- As you saw on the front page, we launched 11 dockless BCycles with SCC.

While we are proud of the progress we have made, we look forward to the next couple of months. A few of the upcoming efforts include:

- The biggest and best Criterium yet on April 26;
- A slew of active community events (check our website & social media) and volunteer opportunities;
- Construction will start on the bike park at The Rail Yard and on the downtown trail connection (hooray!);
- There have been significant improvements during year 3 of our Healthy Schools Initiative with Mary Black Foundation at our 9 priority schools.

Please join us as we seek to make Spartanburg the healthiest community it can be. Come to our events, volunteer, suggest new ideas, look for information on 'sneak peek' trail walks. We believe in collaboration!

Sincerely,
Laura Ringo
Laura Ringo,
Executive Director

Growing Up Healthy The Duke Endowment Grant

Spartanburg Regional Foundation (SRF) & Partners for Active Living (PAL) have received a grant from The Duke Endowment to help improve health in Spartanburg County. The grant will support prevention efforts through Eat Smart

Move More Spartanburg, a coalition of diverse community organizations that SRF and PAL support. This initiative promotes behavior changes that address chronic issues such as unhealthy weight, diabetes and heart disease through physical activity and better nutrition. Local coalitions involve leaders from a wide range of community organizations in developing ways to engage residents.

Research shows that South Carolina ranks 42nd among all states when it comes to the overall health of its residents, earning poor rankings for its obesity and physical inactivity rates. Healthy People, Healthy Carolinas recognizes that health and well-being are created and sustained not just through individual and clinical efforts, but through the cooperation and support of the extended local community.

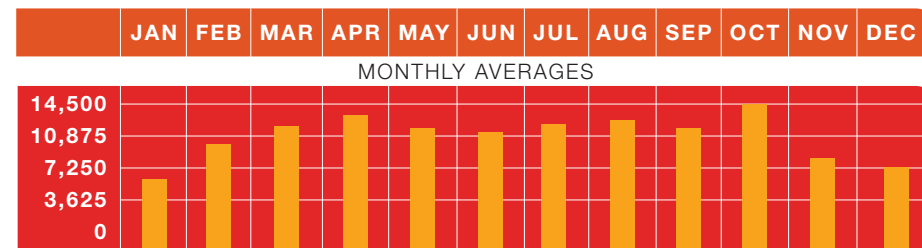
"It's more than just what we eat and how many calories we burn," said Carey Rothschild, Director of Community Health Policy and Strategy at Spartanburg Regional Healthcare System. "It's how our community and its economy impact our health. If we can improve health for even a subset of our community, we will have learned a lot about how to increase quality of life for all people." ■



By the Numbers:

MBF RAIL TRAIL MILESTONE!

2018 marked a banner year for the Mary Black Foundation Rail Trail. This two mile rail-to-trail conversion is a recreation and activity hub with a skate park, community park, dog play area, and bicycle sharing system. Use of the Trail climbed over 100,000 annual uses for the first time in the life of the facility to 131,198. It is, arguably, the most used recreation facility in Spartanburg.



Spartanburg Moves Westview Trail Extension

The Westside's Wadsworth Trail is getting an extension across the Westview Elementary property as part of Spartanburg's effort to connect existing trails to more destinations and to other trails.

Partners for Active Living, working with the Westside Neighborhood Association (WNA) and Spartanburg School District 6, with funding from the WNA, One Spartanburg and Mark III Properties, coordinated the planning and preparation for the segment. The trail runs about 2000 feet from the current terminus of the Wadsworth Trail to the existing sidewalk on Oak Grove Road and to the existing sidewalk on the bus loop at Westview Elementary.

Laura Henthorn with the WNA said, "A group of Westside residents have been working on completing the Wadsworth Trail for over a decade. This trail gives neighbors a safe place to meet up, go for a walk, get to the gym—and now the school—for not only fresh air and exercise but conversation and encouragement."

Allen Smith, President and CEO of the Spartanburg Area Chamber of Commerce, said, "Communities that invest in these kinds of projects have been proven to be more effective in recruiting and retaining talent - which is the backbone of sustained economic development. OneSpartanburg was delighted to partner with PAL and the Westside Neighborhood Association on this important community investment." ■



Welcome Siobhan & Alissa!



Partners for Active Living is thrilled to welcome our newest team members, Alissa Duncan and Siobhan Saul. "PAL is honored to have two talented professionals join our team. Alissa brings a wealth of experience in community planning, as well as healthy eating. Siobhan's background working in and with schools will be a tremendous asset for PAL," said Laura Ringo, Executive Director for Partners for Active Living.



Alissa Ritzo Duncan joins the PAL team as the Healthy Communities Coordinator and will work with several community organizations and initiatives.

Siobhan Saul joins the PAL team as the Healthy Kids Coordinator. Siobhan will provide technical assistance and support to schools, childcare centers and other organizations that serve families in our community.

For more information about our staff, see our website.

There's a New Park in Town

Over the summer, Partners for Active Living and the City of Spartanburg opened the newest community park, The Rail Yard. The park was created after Mary Black Foundation Rail Trail users reported that the southern end of the Trail was uncomfortable because of the vegetation and separation from nearby businesses. In order to improve the Trail experience, Partners for Active Living and the City of Spartanburg worked with Duke Energy, who owned seven acres along the Trail, to create a park and community space. ■

