

Dan T-Shirts for Sale

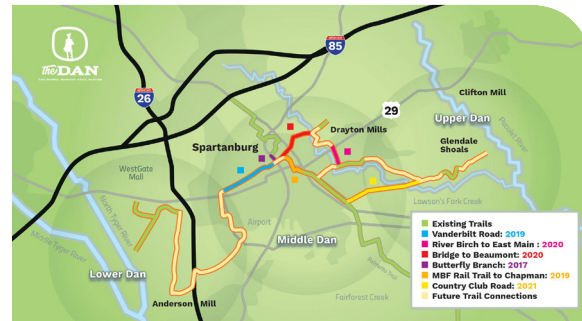
Are you excited for The Daniel Morgan Trail System? You can now wear your support with pride with our new Dan t-shirts!

Head to The Dan website to purchase: dantrail.com.



Vanderbilt Road Project

At PAL, we love seeing dirt move and are thrilled to see construction begin on the Three Creeks Trail. This Trail segment parallels Vanderbilt Road and will be 1.2 miles long for this first phase. The project will be the link between the Northside of the City and trails on the western side of the City.



The Trail's name originates from its location at the meeting of the Fairforest Creek, Holston Creek, and Three Mile Creek, which are all part of the Tiger River Basin.

The project is providing much-needed safe pedestrian and bicycle access in that area of our community. It is funded thanks to gifts from Mary Black Foundation, Spartanburg Regional Healthcare System, the City of Spartanburg and Spartanburg County Parks.

Save the Date for the 2020 Spartanburg Regional Healthcare System Critterium



Join Partners for Active Living for the Spartanburg Critterium "Crit" on April 24. The Crit is a closed-circuit, multi-lap cycling race through Downtown Spartanburg, and a proud part of Spartanburg's Spring Fling weekend. The Crit is a part of the USA CRITS series and is known for its open-air plaza center, dangerously sharp left turns and unique tailgating atmosphere! The Crit consists of 6 races, 4 amateur and 2 professional, with the first race starting at 3:15 PM.

Want to get in on the fun?

Visit spartanburgcrit.com for more information.

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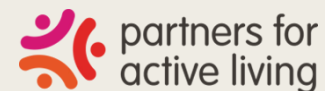
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About Partners for Active Living (PAL):

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



www.active-living.org



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HEALTHY. VIBRANT. CONNECTED.

HEALTHIER SCHOOLS HEALTHIER STUDENTS HEALTHIER FAMILIES

As the Spartanburg Healthy Schools Initiative enters the fourth year, we at Partners for Active Living (PAL) are reflecting on the progress made during this pilot program. The nine schools participating in the initiative used a national framework to choose policies, programs, and environmental changes that worked to advance wellness in their school communities. PAL is grateful for the generous and significant funding from Mary Black Foundation that has made the initiative a success.

An essential element of success for this project is the continuous guidance and support from the Healthy Kids Coordinator at PAL. Dozens of improvements designed to promote a culture of wellness have been made. The Healthy Kids Coordinator helps school staff develop action plans and discover resources, then continues to assist while plans are put into practice. Lasting change for the better is the goal and ongoing support to schools is a key component.

The outcome of all the hard work is evident daily. As school garden projects bloom, kids begin to understand the role that healthy food has in their lives. When drinking water is promoted instead of sugary drinks, students start to take pride in skipping soda. When teachers are active with their students through the day, health education messages come to life. Through these and many other interventions, we help schools be part of a healthier Spartanburg County.

PAL has been able to collaborate with schools through generous community support since 2013 and we look forward to continuing our work on behalf of our educators and future generations.



Woodland Heights Elementary School students have multiple opportunities to learn about how food is grown, including this raised bed sweet potato patch. Children are much more likely to try and enjoy new healthy foods when they learn to garden.



Providing more spaces to be active and build fitness is a key strategy to teaching healthy habits. R.P. Dawkins Middle School created a workout room that is used by staff and students together.



Sugar sweetened beverages are a main cause of unhealthy weight in children, a risk factor for lifelong chronic illnesses. Over 35 bottle filling stations were installed at the 9 schools in the initiative. Promoting water as the best choice through increased access and expanded education is a proven method to change behaviors for the better.

With the generous support of our donors, Partners for Active Living will continue our schools work as a crucial part of our vision of a healthy Spartanburg for all residents.

Letter from: The Director



Dear Friends,

Over the coming months, Partners for Active Living will roll out our vision for the next four years. The current PAL board of directors, four of our past chairs, incoming board members, and most of our staff participated in an all-day planning (and dreaming!) session hosted at the beautiful Milliken & Co. headquarters.

Before looking forward, it is important to review and reflect upon our progress from our last strategic plan. Accomplishments include the opening of the \$1.6M Rail Yard Community Park with many community partners. This park along the Mary Black Foundation Rail Trail includes a trolley pavilion, amphitheater, grassy lawn, NFL Play 60, Vic Bailey Subaru Bike Park, and two pads with fitness equipment and a yoga pad.

We partnered with Mary Black Foundation and nine Spartanburg County schools across four different districts on the Healthy Schools Initiative. This intensive effort resulted in quantifiable health improvements for students in those schools. We are already planning for version 2.0.

The Spartanburg Regional Healthcare System Criterium has grown exponentially, RJ Rockers & Holliday Brewing Run Clubs have seen hundreds of miles logged, and the Prisma Health Turkey Day 8K has become a community mainstay with increased attendance annually. We have also grown our BCycle fleet to include dockless and electric bicycles.

While we are incredibly proud of our trails work with The Dan, it has been slower and far more complicated than we expected. There are complex moving parts such as engineering processes, environmental reporting, funding solicitation, easement discussions, utility coordination, and construction challenges. The sum of each intricate part will result in some spectacular trail segments in the coming four years! Thank you for your support as we learn and improve through this process.

Finally, we have strengthened our organization for the purpose of better delivering on our mission. This concerted effort manifests in our marketing, financial reporting, board of directors' performance, and volunteer engagement.

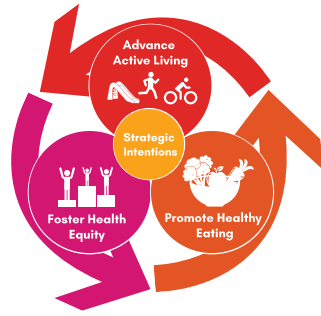
And now to look forward. As you see in the chart to the right, we will be focusing on advancing active living (as our name says), promoting healthy eating (which our name does not say) and fostering health equity. Look for more on this as we determine what each strategy means for PAL.

Onward,

Laura Ringo

Laura Ringo, Executive Director

Setting The Stage 2020 – 2024



PAL 3 STRATEGIC PRIORITIES:

- ADVANCE ACTIVE LIVING
- PROMOTE HEALTHY EATING
- FOSTER HEALTH EQUITY

Food Systems

One of the key lifestyle factors to living well is eating nutritious food. Our team at PAL is currently working to magnify our role in promoting healthy eating.

We have placed emphasis on gathering input for our Spartanburg Food System Assessment and Plan. The overall goals of this project are strengthening our community food system and creating greater access to healthy food. From this project, we will be able to identify our gaps and opportunities in the system, and we will learn how to address both.

What is a food system? A food system is made up of all of the elements in our community that are related to food. The system includes farmers, processors, distributors, educators, buyers, markets, consumers, logistics, emergency food providers, institutions, research, government, resource recovery, and more. Our plan will be completed by this summer, and we will begin implementation of the recommendations in the fall.

Our partnership with Foodshare Spartanburg has proven to be very fruitful to accomplish our goals. Since the partnership began as part of our Eat Smart Move More Spartanburg County Coalition, FoodShare has added seven distribution sites, opened a packing and distribution facility, and will bring five additional sites online in the next couple of months!

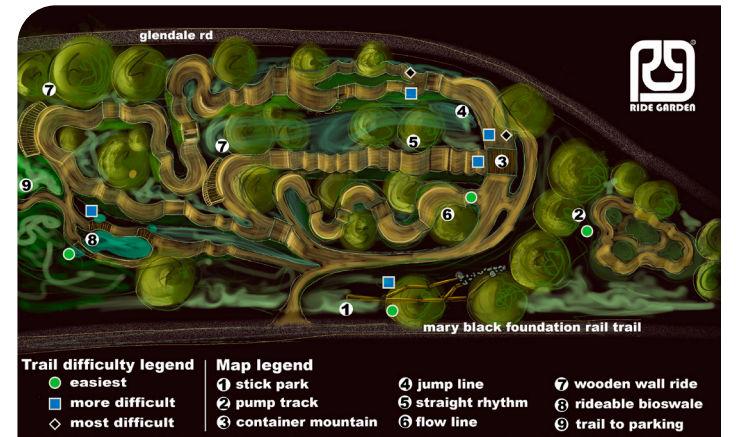
PAL Accepts Qualified Charitable Distributions (QCD)

"Generally, a qualified charitable distribution is an otherwise taxable distribution from an IRA owned by an individual who is age 70.5 or over that is paid directly from the IRA to the qualified charity." (www.irs.gov)

The Vic Bailey Subaru Bike Park

After years of planning, it is almost time to cut the ribbon and officially open the Vic Bailey Subaru Bike Park at The Rail Yard community park! The park has been designed to include impressive progressive features for all levels of bikers. This means that kids on striders bikes will be able to enjoy the beginner line, while seasoned riders can take on the rhythm and advanced lines.

The Vic Bailey Subaru Bike Park and the Panthers Play 60 were chosen as features at The Rail Yard to offer recreation opportunities for older youth. During the park design process, PAL worked with community partners to outline existing recreation offerings within the urban area. While our community has a number of wonderful playgrounds, these new features fill a need for play spaces for older youth. The Play 60 and Vic Bailey Subaru Bike Park were intentionally chosen and designed to support physical activity for older youth.



In addition, PAL works with SC DHEC to collect BMI (body-mass-index) annually for 1st, 3rd, and 5th graders for Spartanburg County. We are concerned that the data for 5th graders is trending up. We hope that the addition of The Rail Yard features will serve as one strategy to start reversing the trend.

Thank You to our Community Partners



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| BVI Development
Lamar & Page Baehr | <i>Budweiser</i>
OF SPARTANBURG | Valerie & Bill Barnet |
| Chase E. Furnas & Co.
The Johnson Group | Lindsay Lavine Webster
Justin & Anna Converse
P.A.R. Grading | Hot Spot & R.L. Jordan Oil
UPS & Michael Lawter Memorial Gifts |

Stan & Paula Baker | Bike Worx | Demtek, LLC | Palmetto Proactive Healthcare | Willdyne-Chord

Built and supported by Ride Garden LLC

Save the Date for the Bike Park Opening



Please join Partners for Active Living, Coalition for Active Youth, and the City of Spartanburg for an afternoon of community play on May 9 from 2–5pm. Bring the whole family for an afternoon of fun at The Rail Yard community park. We will have live music), demonstrations on the features at the park, Flock Shop goodies and the Panthers Play 60 obstacle course.