



Grab Your Bicycle—It's National Bike Month!

Mark your calendar: May is National Bicycle Month and is being celebrated in Spartanburg! Bicycling is important to our community, even if you have not ridden since you were a child.

1. **Health:** The Spartanburg community has one of the highest rates of cardiovascular disease in the country. National studies show that one of the most effective ways to improve the health of a community is to make physical activity as convenient as possible—like walking or bicycling near your home.
2. **Economic Development:** Seniors with disposable incomes, young families looking for a thriving community, and growing businesses are seeking communities that encourage safe and convenient recreation like an afternoon walk to lunch or a bicycle ride to school with children.
3. **Sustainability:** Spartanburg County continues to struggle to meet federal air quality regulations. In order to design a more environmentally-friendly community, Spartanburg must provide its residents and employees with options for alternative forms of transportation.
4. **Transportation:** Some of Spartanburg's residents who do not own a car walk or ride a bicycle out of necessity. These members of our community deserve a safe and sustainable form of transportation— like walking and bicycling.

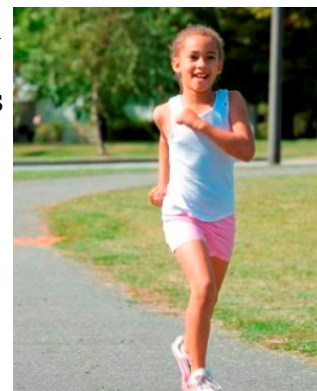
National bicycle month will begin on **April 30** with the **Spartanburg Regional Classic Criterium**. This professional cycling race is set downtown on a half mile course and is likened to Nascar or horse racing...on two wheels. Don't miss this exciting event!!!!



Girls on the Run is So Much Fun!

Partners for Active Living is the local affiliate for Girls on the Run. Girls on the Run is an international after school program that uses the power of running to help prepare girls for a lifetime of self-respect and healthy living. Spartanburg's council has two wonderful upcoming events:

1. **Wednesday, April 21:** Girls on the Run Founder and Vision Keeper Molly Barker will speak at the 2010 spring season celebration. The gathering will be at the Spartanburg Day School Dining Commons at 5:30 pm and is open to the public. Donations are encouraged.
2. **Saturday, April 24:** Spring season participants and their running buddies will run their final 5K at the Caroline's on My Mind celebration at the School for the Deaf and Blind.



About Partners for Active Living (PAL): Partners for Active Living seeks to make Spartanburg County, SC a healthy, more livable community by promoting walking, bicycling and physical activity on a daily basis.

For more information, visit our website, which will be updated soon: www.active-living.org.

Want to Get Involved?

Opportunities to get active during National Bicycle Month!
Visit: www.BikeTownSpartanburg.org for more information

April 30: Spart. Regional Classic

May 19: Upstate Ride of Silence

May 2: Stump Jump

May 21: Pedal with your Politician

www.stumpjump.org

May 4 & 25: Yoga for Cyclists

May 22: Take a Kid Mountain Biking

May 7: Bicycle to School Day

May 24: Assault on Mt. Mitchell

May 8: Kids' Bicycle Pageant

May 28: Critical Mass

May 15: Rideabout & Walkabout

Lunchtime Bike Rides (every Friday)

May 18: Bike Commuter Classes

ArtCycle (April–September)

Volunteers are needed for the criterium, as well as host homes for professional riders participating in the criterium. Please contact Laura Ringo if you are interested in assisting: LRingo@active-living.org.



**Partners for
Active Living**

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HUB CYCLE
SPARTANBURG COMMUNITY BICYCLES



**Healthy Kids,
Healthy Communities**

Supporting Community Action to
Prevent Childhood Obesity



-Some of our Programs-