



Built Environment 101

The **built environment** is made up of all the stuff we build to meet our needs: roads, sidewalks, sewer rights-of-way, buildings, parking lots, and all that kind of thing. Since World War II, the patterns of the built environment have favored automobile travel, with interstates, wide roads with no sidewalks, and buildings set back from the street behind massive parking lots designed to hold Black Friday traffic.

We're seeing examples of **environmental change** in cities around the world as we try to retrofit the built environment to allow safe passage for pedestrians, bicyclists, and mass-transit users. We've added sidewalks, reduced the number and width of travel lanes, and increased the mileage of bike lanes. In many areas, renovations of defunct shopping areas have included more pedestrian friendly designs to create the types of neighborhoods many of our planners grew up in.

These renovations and additions have the goal of making our communities more connected. **Connectivity** is the degree to which the amenities of a city are accessible by foot, bicycle, and mass transit. Can you walk to school? Can you get to a grocer by bike? Is there more than one exit from a subdivision? Many studies show that if a neighborhood has sidewalks, more people will walk. Many of these changes are based on the "if-you-build-it-they-will-come" idea, but research and evidence shows that these changes result in a healthier community.

But roadway renovations are not always immediate. In that case, a **Complete Streets** policy, in which the body that owns the road makes a commitment to include sidewalks, bike lanes and transit stops in all new road way development and in any major renovations. This type of policy allows for changes in administration and staff without losing the commitment. The South Carolina Department of Transportation, the City and the County of Spartanburg all have resolved to build complete streets.

May is Bike Month!

May is Bike Month, and here in Spartanburg we celebrate it with professional cycling races, fun community rides with local officials, and other events designed to encourage new and experienced riders alike.

The signature event of Bike Month is the **Spartanburg Downtown Criterium**, to be held this year on **Friday, May 6**. "NASCAR on two wheels" returns for one of the most exciting events in Spartanburg. Riders of various levels will participate in the events, starting at 3:30. In the main event, top professional riders from around the country will race the 1/2 mile-long loop around downtown at speeds up to 40 miles an hour as they careen around corners and bounce across the cobbles.

You'll find more information about the Criterium and other Bike Month events on our website, www.active-living.org. And don't forget to "like" us on Facebook at www.facebook.com/partnersforactiveliving.



About Partners for Active Living (PAL):

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



Partners for Active Living

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-Some of our Programs-



**Healthy Kids,
Healthy Communities**
Supporting Community Action to
Prevent Childhood Obesity



HUB CYCLE
SPARTANBURG COMMUNITY BICYCLES



Want to Get Involved?

Opportunities to get active with PAL and our partners!

Fridays at Noon: Lunchtime Bicycle Ride from the Mary Black Foundation

April 15: ArtCycle Launch and Downtown Art Walk

April 17: Stump Jump Mountain Bike Race, Croft State Park

April 29: Community Bike Ride from Morgan Square, 6 pm

April 30: Girls on the Run 5K

April 30: Jimmie's Creek Cycling Cup and Challenge, Woodruff, SC

May 6: Downtown Spartanburg Criterion

May 7: Civitan Skirt Chaser Run 5K, 9 am

May 16: The Assaults on Marion and Mount Mitchell

See our website for more details on these and other events: www.active-living.org

In order to continue promoting active living and healthy lifestyles in
Spartanburg County, we need your help.

Please consider joining Partners for Active Living.

You can now donate online by visiting our website: www.active-living.org or
send your tax deductible gift to:

Partners for Active Living
P.O. Box 6728
Spartanburg, SC 29304