

Active Updates

Volume XV

May 2011



May is Bike Month!

Bike Town Spartanburg is in full swing this month with plenty of opportunities for beginning and advanced cyclists to participate in all kinds of events designed to get us out around town on two wheels.

The highlight event, the Spartanburg Regional Classic, is a nationally known criterium race where cyclists repeat a 1/2-mile loop around downtown Spartanburg up to 70 times, with cobblestone sections, sweeping 90-degree turns at high speed, and the occasional pile-up reminiscent of NASCAR races. There will be events for riders of all ages starting at 3:30 pm, and this is a great opportunity to see professional bike racing in person.



The professional women's race, 2010

The Ride of Silence is a community ride that commemorates those cyclists that have lost their lives negotiating roads nationwide. Other community events include the popular Pedal with Your Politician, a ride to the opening day of the Hub City Farmers' Market, and the monthly Community Ride starting at Morgan Square.

Cyclists from around the country will depart from Spartanburg for the annual Assault on Mount Mitchell, a 102.7-mile ride, which culminates with the lung-busting climb to the highest point east of the Mississippi. The Assault on Marion, a 75-mile ride, departs at the same time, 6:30 am.

Details for all the Bike Town Spartanburg events can be found on the Partners for Active Living website at www.active-living.org. Come on out and get your ride on!

Special thanks to the Spartanburg Regional Classic Sponsors



Spartanburg Regional



Bike Town Events

May 4-6- Bike To School Days

May 6- Spartanburg Regional Classic, Races start at 3:30pm

May 9- Yoga For Bicyclists, Converse College, 6:00pm

May 14- Bike Ride to the opening day of the Hub City Farmers Market

May 15- Assault on Morgan Square Kids Ride, 2:00pm

May 16- The Assaults on Mt. Mitchell and Marion, 6:30 am

May 18- The Ride of Silence, 6:30 pm

May 19- Commuting by Bicycle Workshop, Spartanburg Library, 5:30 pm

May 20- Pedal with Your Politician, Downtown Spartanburg

May 26- Yoga for Bicyclists, Yogalicious, 7:30pm

May 27- Bike Month Community Bike Ride, Morgan Square, 5:30pm

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.

Visit our website: www.active-living.org



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-Some of our Initiatives-



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



Want to Get Involved?

Opportunities to get active with PAL and our partners!

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

Mondays: Beginners Bike Rides, Va-Du-Mar Park, 6:30

May 7: Civitan Spring Fling 5K, 9 am

May 14: SPACE 5K on Cottonwood Trail, 9 am

Thursdays in June: Spartanburg Running Club June 5K Series, Duncan Park, 6:30 pm

June 11: Duncan Park Duathlon, 8 am

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