



Mobile Farmers' Market & Hub Cycle

With the support of the Mary Black Foundation, the Hub City Farmers Market and Partners for Active Living unveiled a mobile farmers market and bicycle rental system. The market is a produce-aisle on wheels, that allows the selling of nutritious, affordable fruits and vegetables at schools, churches, parks and underserved residential neighborhoods throughout Spartanburg County. The mobile market pulls a trailer full of Hub Cycle bikes, a program of Partners for Active Living, designed to increase the availability of and access to bicycles. Used bicycles are repaired to safe and ride-able condition by the organization's mechanic. Once ready for use, the bikes are made available to the public for free, long-term borrowing.

On Tuesdays in September, the mobile unit made stops at Cleveland Elementary School, Chapel Street Park and Victoria Gardens Apartments.

The initiative was launched in collaboration with an advisory committee of Northside residents. Since January of this year,

community members have worked with the Hub City Farmers Market, Partners for Active Living and the Mary Black Foundation to support strategies that will increase access to active living and healthy eating in that community.



W3: Walking & Wheeling Wednesday



In September, Houston Elementary School participated in Walking and Wheeling Wednesdays (W3). W3 encourages children and their families to walk and bicycle to school from their homes or 'park and walk sites' each Wednesday. Houston Elementary had more than 100 students participate in September.

Marisol Gutierrez, pictured on the left, is one of the students who participated all four weeks and was entered into a drawing to win a bicycle sponsored by Partners for Active Living. Marisol was the grand prize winner and chose a bicycle from Bike Worx with the help of her classroom and P.E. teachers.

Walking and Wheeling Wednesday is part of the larger Safe Routes to School initiative that encourages children to walk and bicycle to school more often, and, in turn, be more physically active.

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

Want to Get Involved?

Opportunities to get active with PAL and our partners!

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

November 9 (6:00-8:00 pm): Hub City Press will be releasing *Outdoor Adventures in the Upcountry*, a collection of stories about recreational pursuits by 36 of the area's best nature and outdoors writers. Hub City will donate 20 percent of all sales that evening to the green organization of your choice, including Partners for Active Living.

November 11 (7:30 pm): Aaron Lee's Bicycle Ukulele Tour, featuring Snidely Sidewinder and the Unrepentant Uke Boys, will be performing at The Coffee Bar. If you ride your bike and present your helmet, then you will receive a free "up-size" on your coffee drink

November 13 (10:00 am): Weekend Walkabout on the Wadsworth Trail

November 18 (7:00-9:00 am): Fox Carolina Your Town Takeover on Morgan Square. Come out show your support for Spartanburg!

November 20 at 9:00 am: Girls on the Run Fall 5k at USC Upstate
Registration fee: \$10 with all proceeds going to scholarships
for future Girls on the Run participants

November 25 at 7:30 am: 6th Annual Turkey Day 8K presented by Palmetto Bank

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