

Active Updates

Volume XX

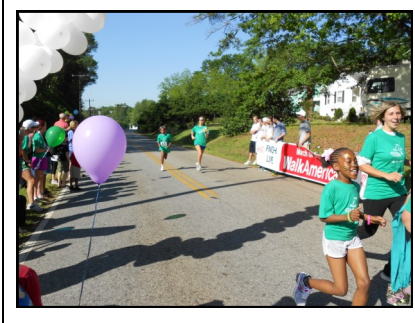
October 2011



Partners for Active Living

How Can You Help?

Raise your hand if you attended the Spartanburg Regional Criterium bike race in May 2010. How about if you ran in the Turkey Day 8k last Thanksgiving? Have you checked out, or thought about checking out, one of those cool red B-Cycles? If your child participated in International Walk to School Day, stand up. Perhaps your daughter participated in the Girls on the Run program, or you and your family went for a walk on the Mary Black Foundation Rail Trail.



These are just a few of the initiatives and programs that Partners for Active Living has promoted around the county in the past year alone. Partners for Active Living seeks to make Spartanburg County, South Carolina a healthy, more livable community by promoting walking, bicycling and physical activity as a part

of everyday life, and we mean it.

Our promotion of active living goes beyond programs. We work with city and county officials to implement sound policies that support those programs. We played a central role in the development of the county-wide Bicycle and Pedestrian Master Plan that guides us in our efforts. PAL will serve as the convener for the City's new Bicycle and Pedestrian Committee.

In the past couple of years, we have significantly expanded our efforts to include more of the county, particularly with the award of a grant from the Robert Wood Johnson Foundation to work to reverse childhood obesity rates. We are working with the City of Woodruff to develop a greenway trail, and with the County to help make it easier to walk and bike to parks in general. We also received a grant from the National Association of Chronic Disease Directors to work to understand and address the critical community health needs surrounding active living and healthy eating.



We have not done this work alone. We work with a number of partner organizations in these and other efforts, including the Hub City Farmers' Market, the



Childhood Obesity Task Force, Spartanburg Regional Healthcare System, and the Mary Black Foundation.

But the key partner in all of this is YOU. We appreciate all the support we receive, especially attendance at and participation in our events. But we cannot do this work without the financial support of our community. As we approach the end of the year, we ask that you join Partners for Active Living by making a contribution to the organization. Use the enclosed envelop, or visit our website at www.active-living.org. You help just by signing on.

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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Spartanburg, SC 29304

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-Some of our Initiatives-



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



Prefer to receive this newsletter electronically?

Sign up for newsletters on our website: www.active-living.org.

Want to Get Involved?

*Opportunities to get active
with PAL and our partners!*

Fridays at noon: Lunchtime Bike Ride, Mary Black Foundation

October 22, 2011: Spartanbark Pet Parade, 11:30

October 29, 2011: Pumpkin Pedal, Lake Blalock Park, 9 am

November 12, 2011: Camp Croft Half-Marathon, 8:30 am

November 19, 2011: Girls On the Run 5K, 8 am

November 24, 2011: Turkey Day 8K, 7:30 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