



Active Updates

Volume VIII
Spring 2009

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Spartanburg Bicycle Lanes See Another Annual Increase

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As Spartanburg continues its efforts to be a bicycle-friendly community, more and more bike lanes are popping up throughout the county.

In 2005, there were approximately 6.25 miles of bike lanes. This number has increased dramatically to over 31 miles in 2008 and continues to grow.

In partnership with the Preservation Trust, lanes have been added to Magnolia Street, College Street and North Forest Street. These lanes, funded by the Mary Black Foundation and Spartanburg Area Transportation Study (SPATS), were put in place to connect downtown, Wofford College and the Spartan Mill neighborhood.

In addition, lanes were added to Hollywood

Street /Brentwood Drive and Dupre Drive around Converse Heights and Spartanburg High School. These lanes were provided by a SPATS enhancement grant that the City acquired through PAL's help.

Area businesses and local hot spots are recognizing the increase of bike lanes by installing bike racks to accommodate those who choose to visit by bicycle. The number of bike racks in Spartanburg has in-

creased from only 14 in 2005 to nearly 150 in 2009!

Adding bike racks is a great way to show that a business or organization is committed to creating a bike friendly community in Spartanburg.

As traveling by bike in Spartanburg becomes safer with each added bike lane, residents should take advantage of this unique opportunity they have in Spartanburg to travel by bike.

Want to get Involved?

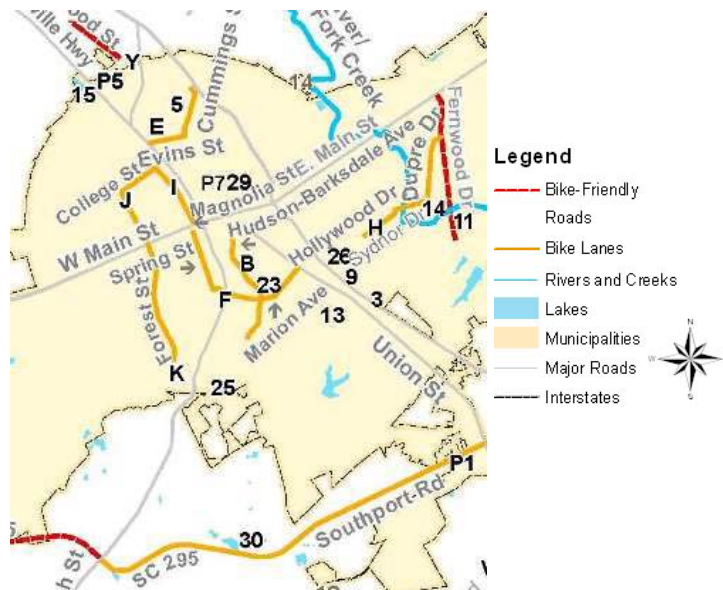
Read inside about...

Input is needed for Pedestrian & Bicycle Master Plan

Host Housing is needed for professional racers competing on May 1st

Donate a bike to Hub Cycle

Become a more alert driver and pedestrian



Pedestrian and Bicycle Master Plan Update



Partners for Active Living is assisting SPATS (Spartanburg Area Transportation Study) in the development of a **County-Wide Pedestrian and Bicycle Master Plan**. This process is being facilitated by the consulting group Greenways, Inc. and is funded through the support of the Mary Black Foundation, the City of Spartanburg and Spartanburg County.

Community input is needed to create the best plan possible. To have your voice heard, **please visit www.greenways.com/spartanburg and click "Online Comment Form"** to fill out a brief survey. On this website, you can also find out more information about the study, important dates for technical workshops and community meetings and updates on the plan.

Please see the insert included in our newsletter to find out more about this exciting project!

Safe Routes to School Grant Helps Local Elementary School Stay Safe and Active

Pedometers, bicycle racks and iPods are just a few of the ways that Pine Street Elementary School is using the \$200,000 grant awarded to them by the national Safe Routes to School program. PAL was an encouraging force behind the school's application for funding and has since advised the school on the implementation of projects. Pine Street has remained committed to making their school community both safe and health-conscious.

With the help of this grant, many projects and programs have been undertaken. Walking and Wheeling Wednesday, or W3, averages about 100 students per week who either bike or walk to school each Wednesday. The program has seen over 200 kids participate.

- Continued on insert



Girls on the Run Program Enters Second Year in Spartanburg

Beginning in the Spring of 2008, Girls on the Run was organized by community advocate Laura Henthorn and the Spartanburg County Parks and Recreation Department with a mission to educate and prepare girls for a life time of self-respect and healthy living. Targeting 3rd-8th grade girls, this after-school program meets twice per week for 75 minute practices. At the end of the 11-week season, the girls participate in a community 5K walk/run to celebrate their completion of the program. They run with a "running buddy" who is either a family friend or a community volunteer.

Now entering its second year, Girls on the Run has expanded and grown to include multiple sites, and Partners for Active Living is now a lead partner in administering the program. This spring sites will include two at the Spartanburg Day School, one at Pine Street Elementary and one at the Chapman Cultural Center. All girls are welcome to be in GOTR, even if they do not attend a school where there is a program. Last fall, 30 girls participated in the program. That number has almost doubled this year as 55 girls have signed up so far for the spring season.

Program coordinator and PAL staff member Amanda Hass has been working with Girls on the Run since September. "Girls on the Run is a wonderful program where girls at an influential age not only get to exercise their legs, but also their self confidence and leadership skills," she says. "I really enjoy seeing the improvement in their confidence as a person and a runner. This program really makes a difference in the lives of so many girls."

PAL and City of Spartanburg to Launch Pedestrian Safety Campaign

As the weather warms up, so does pedestrian traffic in Spartanburg. With a plethora of outdoor events and opportunities to be outside in the coming months, many Spartanburg residents hit the streets on foot.

To kick off the warm weather, Partners for Active Living, with a grant through the City of Spartanburg, will be promoting pedestrian safety during the month of April.

Many people believe that drivers are the only ones at fault in pedestrian accidents, but it is quite often the opposite. Pedestrian safety can only occur when both pedestrians and drivers are alert and aware of the laws.

For drivers, it is important to remember that you can encounter



pedestrians anytime and anywhere - even in places where they are not supposed to be found. Pedestrians must remember to be predictable and visible.

Look for our advertisements and events, such as a pedestrian awareness walkabout, during the month of April and help Spartanburg become a safer place for pedestrians!

Tips For Pedestrians

- Only cross at designated crosswalks and stay between the lines
- Look left, right, and then left again before crossing
- If there is a sidewalk, you must use it according to SC laws
- If you must be in the street, always walk facing traffic
- Wear white clothing and reflectors if walking at night

Tips For Drivers

- Obey posted speed limits
- Yield to pedestrians
- Do not overtake and pass other vehicles stopped for pedestrians
- Be aware of all pedestrians in your vicinity; anticipate everything

Mark Your Calendar: Bike Month 2009

Artcycle – new outdoor sculptures made from bicycles unveiled!

Bike Town Classic Pro Cycling Race (at Spring Fling) - May 1

SafeKids Bike Safety Rodeo (at Spring Fling) – May 1

Bike to School Day! – May 1 at participating schools

Friday Lunchtime Rides - Fridays in May (Noon to 1pm)

Earth, Kids and Tires Mountain Biking Series - Mondays in May

Women's Mountain Biking Clinic - May 6

Stump Jump Mountain Bike Championship - May 10

Bike Commuter Class & Bike Maintenance Classes - Dates TBD

Pedal With Your Politician Bike Ride - May 15

Family/Community Bike Ride - May 17

Assault on Mt. Mitchell & Marion - May 18

Greenville/Spartanburg Ride of Silence - May 20

Special Thanks to the Bike Town Planning Committee:

Freewheelers of Spartanburg

City of Spartanburg

Foothills Cyclists

Spartanburg County Parks & Recreation Commission

Convention & Visitors' Bureau

Glendale Outdoor Leadership School

Palmetto Cycling Coalition

Creative Energy Spartanburg

SafeKids

Visit www.BikeTownSpartanburg.org for details!



Host Housing is needed for pro cyclists participating in the race. Host Homes need only provide a bed(s) and access to a bathroom for the night of May 1st. Please email info@biketownspartanburg.org if you are interested in helping.



P.O. Box 6728
Spartanburg, SC 29304

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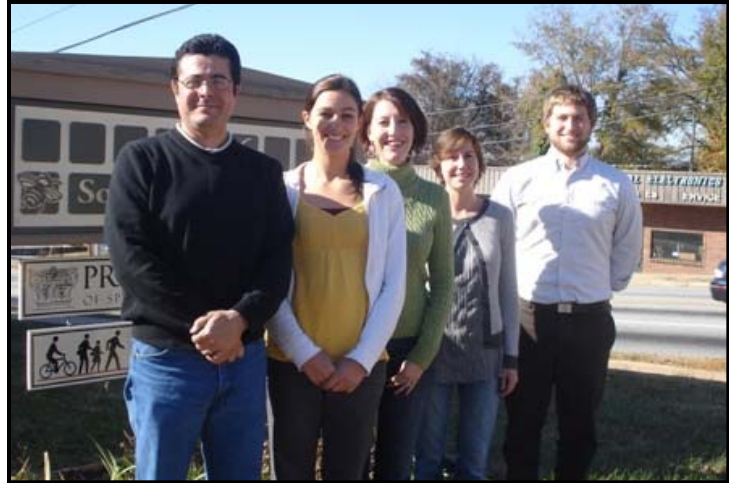
Phone: 864.598.9638

Fax: 864.598.9529

We're on the web!

www.active-living.org

www.biketownspartanburg.org



The Partners for Active Living Staff:

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Thank You to Our Donors Over the Last Year!! Your Partnership is Vital to Our Work!

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 Mr. & Mrs. Wade & Shelley Crow
 Freewheelers of Spartanburg
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 Rotary Club of Spartanburg
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Finish Line

Bella Latte
 Chartwells Dining Services

Finish Line continued...

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The Home Stretch

BB&T
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Mile Marker

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 Ms. Ann Fesperman
 Girls on the Run
 Ms. Karen Graham

Mile Marker continued...

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 James Cunningham Coaching
 Main Street Fitness, LLC.
 Mr. E.T. McLean
 Mr. & Mrs. Dwight & Liz Patterson

Water Break

Mr. Bob Breitweiser
 Mr. & Mrs. Christopher & Susie
 Dekle
 Ms. Martha Whitney

Starting Line

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 Mr. & Mrs. Christopher & Lynn
 Carlsen
 Mr. & Mrs. Boyce & Joyce Hall
 Annie Bell & Ruby Hall
 Ms. Nancy Stewart Holmes
 Mr. & Mrs. Bill & Mary Frances
 Price
 Mr. Eric Stott
 Ms. Jean Sydnor

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As an incentive for this program, iPod shuffles will soon be given away in a drawing. To be eligible for this drawing, a student must have walked or cycled to school from home or one of Pine Street's park and walk sites.

Pine's Pedometer Program, or P3, sends every student in the school home with a pedometer to count his or her steps on a daily basis. Students are taught the importance of being active and are challenged to walk at least 10,000 steps each day.

Grant money is also being used to fund Safety Patrol training and equipment, new flashing overhead signs on Pine Street, a class set of helmets and bicycles, additional bike storage and a bike rodeo.



We are grateful for our in-kind donors over the last year!

| | | | |
|---------------------------|-----------------------------|-----------------------------------|---------------------------------|
| Allegra Print & Imaging | William Finethy | Joe Lever | Gene & Rita Spiess |
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| Robin Farwell | Gary Kyle | Spartanburg Convention & Visitors | |

Bureau

Please become a 'Partner' for Active Living. We accept financial contributions, as well as in-kind items like bicycles, riding gear and other resources.

Send contributions to: Partners for Active Living
P.O. Box 6728; Spartanburg, SC 29304
Or make a donation online at: www.active-living.org

Winner's Circle: \$1,000

Mile Marker: \$100

Finish Line: \$500

Water Break: \$50

Home Stretch: \$250

Starting Line: \$25



With the increase in gas prices and a renewed desire to become more active, the Spartanburg community has been flocking to Hub Cycle in recent months to borrow bicycles.

Hub Cycle has been able to lend many bikes thus far, but the demand is starting to tip the scale of supply. In order to continue this highly successful program at the current pace, Partners for Active Living needs your help in filling our basement with bikes and parts.

Call 864.598.9638 or email jcrow@active-living.org to arrange bike pick up or drop-off.

All donations are tax-deductible!

Local Shop Talk

PAL regrets the loss of **Bike Ways**, which recently closed its doors. Located in Boiling Springs, Bike Ways filled an important niche in the cycling community over the last several years. The shop's owner was a true community supporter and advocate for every level of bicyclist. PAL wishes the Bike Ways crew good luck in their next endeavors!

Bike Worx has moved! Stop by their new, spacious store soon to take a look! Now located at 1321 Union Street, Bike Worx is just a few short pedals from the Mary Black Foundation Rail Trail. PAL thanks Bike Worx for their continued support of the Bike Town program. Find out more at www.bikeworx.net