

Active Updates

Volume X

September 2010



Partners for Active Living

Getting Active on Spartanburg's Streets

Don't miss "Spartanburg Sunday Streets," a series of active-living street festivals intended to create safe, fun places for people to get out and get active! The events are scheduled Sunday, September 12 and 26 from 1:00-5:00 p.m. and will be held on East Henry Street between Pine and Union Streets. The activity area will incorporate the Mary Black Foundation Rail Trail and Hot Spot Skate Park.

Spartanburg Sunday Streets involves removing cars from designated streets to allow access by pedestrians, cyclists, families and pets. Activities along East Henry Street are planned to encourage active participation. At Sunday Streets, participants can enjoy a relaxing yoga session, punch and kick in a fun and upbeat kickboxing class, bounce around in an inflatable castle, take a bike ride or walk down the Mary Black Foundation Rail Trail, watch skateboarders perform high-flying tricks, get important health screenings and much more!

For a complete schedule of events, visit the our website www.active-living.org/spartanburg-Sunday-streets.html This inaugural event is made possible through grant support provided by the Spartanburg Regional Healthcare Foundation, Spartanburg Community Indicators and Mary Black Foundation.



Friends of the Mary Black Foundation Rail Trail



Partners for Active Living recently received a grant from the Mary Black Foundation to program, evaluate and market the MBF Rail Trail. Furman University and the University of South Carolina Prevention Research Center will be assisting by evaluating use of the facility. As part of our effort to encourage more use of this wonderful amenity, PAL is establishing a *Friends of the Rail Trail* advisory committee.

If you are Interested in becoming a member of the advisory committee, please contact Jessica Bunn at PAL, 864.598.9638 or jbunn@active-living.org. The group will suggest and assist with events, trail enhancements and marketing strategies, as well as other improvements.

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

Tuesdays in September: the mobile market & the mobile Hub Cycle
will visit the Northside of the City

Sundays, September 12 & 26: Spartanburg Sunday Streets

Monday, October 4: Ten at the Top Regional Visioning Input Session
5:30-7:30 at the Spartanburg Library Headquarters

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

Consider Joining!

Please consider joining Partners for Active Living's membership program.

We have levels of giving that start at only \$50.

Send a tax deductible donation to:

P.O. Box 6728

Spartanburg, SC 29304



**Partners for
Active Living**

Post Office Box 6728
Spartanburg, SC 29304



HUB CYCLE
SPARTANBURG COMMUNITY BICYCLES



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



-Some of our Programs-