DEAR FRIENDS:

2014 was a banner year for active living in Spartanburg! Thank you for your time, passion, and investment in creating a healthier and more active community. Spartanburg is more vibrant thanks to your support!

Included in the Partners for Active Living third annual report, you will find highlights outlined through our focus areas:

- Walking & Bicycling for Everyone
- Trail & Parks Development
- Childhood Obesity Prevention

In addition to celebrating our key ‘wins’ over the last year, below is a brief preview of what is planned for 2015.

15 projects that will positively impact the health of our community in 2015:

- A cleared & grassed seven acre lot along the Mary Black Foundation Rail Trail; with a park coming in 2016
- Healthy Schools Summit in June
- More trainings for healthier childcare centers
- Additional joint use agreements that will open school playgrounds to the public during non–school hours
- Policies & practices to create healthier schools
- More Hub Cycle rentals
- Lots of BCycle riding
- The biggest & best downtown bicycle race yet
- Three new bicycle month activities
- 45 lunchtime bicycle rides
- The biggest & best Turkey Day 8K yet
- A name, brand, & logo for a connected Spartanburg trails system
- At least one, if not three, new sections of trail available for use

We look forward to briefing you on our progress throughout the coming year. Your partnership is paramount in the work that we do.

Partners for Active Living is dependent on donations to continue our work. We hope you will consider giving ‘the gift of health’ so that we can continue advocating for a healthier, more active community.

Laura Stille  
Board Chair

Laura Ringo  
Executive Director

MISSION

Partners for Active Living transforms Spartanburg County into a vibrant, healthy, connected community where we live & grow.

VISION

In Spartanburg, active living comes naturally. It is fun, easy, & safe because we are connected – to our community, to each other, to nature. We utilize our vast natural resources, waterways, trails, & parks routinely. We walk through our neighborhoods & play with our families in our front yards, & we bike to work & school. We embrace our wonderful quality of life. We get out, & we go. We are healthy.

GET OUT & GET ACTIVE!

Laura Stille  
Board Chair

Laura Ringo  
Executive Director
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NOT PICTURED: BRIANA BATEMAN, RANDY COOKSEY

STRATEGIC GOALS:
INCREASE & DIVERSIFY FUNDING
IMPROVE CONNECTIVITY IN SPARTANBURG COUNTY
GROW ACCESS & OPPORTUNITY FOR BICYCLING

FINANCIAL REPORTING

JULY 2013 – JUNE 2014
■ INCOME $474,025 | EXPENSES $440,105 | NET $33,920 (allocated to 2015 projects)
■ 86% goes to programs & PAL’s mission | 14% to fundraising & management expenses

<table>
<thead>
<tr>
<th>Income Sources</th>
<th>Expenses by Strategy</th>
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<tbody>
<tr>
<td>65% GRANTS</td>
<td>57% WALKING &amp; BICYCLING</td>
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<tr>
<td>16% SPONSORSHIPS</td>
<td>25% CHILDHOOD OBESITY PREVENTION</td>
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<tr>
<td>14% EARNED INCOME</td>
<td>17% TRAIL DEVELOPMENT</td>
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<tr>
<td>5% DONATIONS</td>
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Interested in seeing more about our finances: check our 990 at www.foundationcenter.org

PAL ANNUAL REPORT
In November of 2014 Partners for Active Living added a fifth station to Spartanburg BCycle. The VCOM station at Harvest Park is located on the Northside of Spartanburg at the new home of the Monarch Café and the Hub City Farmers’ Market. The expansion was made possible by the generous support of the Mary Black Foundation, the Edward Via College of Osteopathic Medicine, and Spartanburg Regional Foundation. Now residents and visitors can hop on a BCycle from the Northside and take a cruise through the neighborhood, run an errand or exercise with friends. BCycle riders can park the bicycle easily at Morgan Square, the Rail Trail and on both Converse and Wofford’s campus. Partners for Active Living believes that this new station will provide Northside residents and the community a low-cost, health-friendly transportation and leisure opportunity. Partners for Active Living has partnered with the Northside Voyagers, a resident advocacy group, to spread the word about the new station to the Northside community and ensure that all residents who have the desire to use the bicycles will not be financially deterred. We are committed to making bicycling an activity available to everyone in the Spartanburg community because the more people we have biking, the more active, vibrant and connected our community becomes.

2014 marked the 10th Annual Turkey Day 8k hosted by Partners for Active Living. The event began as a bet between friends and has grown from 65 participants to over 1300. The cost of entry is a canned good that is donated to a local food bank. Over the past two years over two tons of food have been donated. The event draws participants of all ages and fitness levels from across the Upstate. Partners for Active Living is proud to host an active and fun fitness event on a day in November when a healthy balance is especially helpful.

May 2, 2014 Partners for Active Living hosted the 10th annual downtown criterium. Cycling races and active half-time festivities make the criterium an integral part of the Bike Town Spartanburg initiative, which is spearheaded by PAL. The event is designed to showcase healthy, active lifestyles and plays an essential and visible role in community-based public health efforts by making bicycling flashy and desirable. With almost 10,000 spectators coming out to watch the races, the criterium is one of the largest annual events in Spartanburg. Our goal is to increase the number of people in Spartanburg interested in bicycling at a recreational or professional level by introducing them to the sport at the criterium. Mark your calendars for the 11th annual downtown criterium on May 1, 2015!

Partners for Active Living will not accomplish our mission without support throughout the Spartanburg community. This includes the work of volunteers like Jodie Free.

**Where is your hometown?** I grew up in St. Albans, England, a short train ride from central London. I came to the states for school, and stayed to be with my American fiancé.

**What about PAL’s mission drove you to volunteer?** I started volunteering in order to fill my time while I was waiting to receive my work visa, but I was drawn to PAL in particular because I am passionate about health and communities. I think it’s important to reach people in a fun and friendly way, rather than lecturing others about how to live.

**What is your favorite form of physical activity?** I was really into aerobics during college and graduate school, but now I work out at the gym, do yoga/fitness DVDs at home, or go jogging around Hampton Heights. I also have a weird obsession with Jillian Michaels and I got really excited one time when she replied to me on social media!

**The PAL team loves Spartanburg. What do you love about our community?** I love that Spartanburg is so welcoming and so connected. It was really easy for me to get involved here. People are always happy to put me in touch with someone, whether it’s for a professional opportunity or to make a new friend.

**If you could go for a walk or bicycle ride with anyone, who would it be?** Maybe Jill McCorkle! I love her writing. Perhaps she could give me some tips as we work out?
Partners for Active Living is proud of our work with schools and districts. From coordinating the body-mass-index surveillance study of approximately 10,000 children, to encouraging 58 schools to participate in International Walk to School Day, PAL has established itself as a go-to community resource for creating healthy environments for students to work, play, and grow. In fact, our work in 2014 affected 12,073 students and staff members!

PAL worked with Spartanburg School District 7 to strengthen its district wellness policy, preparing the district for the implementation of federal Smart Snacks guidelines. Through funding from Healthy South Carolina Initiative, PAL partnered with three schools in the 2013-2014 year to pilot efforts to create the healthiest school environments possible. We were honored to work with the national nonprofit Alliance for a Healthier Generation and use their Healthy Schools Framework. The pilot schools included Hendrix IB World School, Holly Springs-Motlow Elementary, and West View Elementary. Hendrix IB World School made strides in employee wellness and healthy fundraising, including implementation of a fun run, healthier snack choices from Blue Bell Ice Cream, and restricted vending. Hendrix IB World School was one of 12 schools in South Carolina honored with Bronze Recognition from the Alliance for a Healthier Generation.

To continue our successes, PAL announced the Fall 2014 Healthy School Project schools. The second round of schools includes New Prospect Elementary (District 1), Oakland Elementary (District 2), Lone Oak Elementary (District 6), and Jesse Boyd Elementary (District 7).

HEALTHY SCHOOLS SUMMIT

Partners for Active Living and the Alliance for a Healthier Generation held the Spartanburg Healthy Schools Summit on June 5, 2014 at Wofford College. This day-long conference for 100 administrators, school board members, teachers and staff, nurses, guidance counselors, parent groups, and interested community members discussed many topics such as school wellness policies, nutrition, nutrition education, employee wellness, physical education, Safe Routes to School, joint use agreements, and more.

The conference reviewed the 2013-2014 Healthy School Pilot Projects and body-mass-index survey data along with other programs and policies, and community resources. Keynote speaker Dr. Jeff Perry, Superintendent of Wise County, VA schools focused on why student wellness and brain-based learning go hand-in-hand, and should be a priority for all schools. All seven Spartanburg County School Districts participated in the training.

98.3% of participants reported that they would use knowledge gained at the Summit over the next school year. The 2015 Healthy Schools Summit is tentatively set for Thursday, June 4, 2015.

HEALTHY KIDS START EARLY!

PAL OFFERS CHILDCARE TRAININGS

Early childhood development of healthy habits is crucial, and childcare centers are working to create healthy, safe environments that incorporate healthy eating and physical activity. Each year, DSS–accredited center staff members are required to take courses in continuing education on nutrition and physical activity. In 2014, PAL began hosting the trainings in partnership with South Carolina Department of Health and Environmental Control.

BY THE NUMBERS:

- 68 CHILDCARE CENTER DIRECTORS/EMPLOYEES TRAINED
- 18 CHILDCARE CENTERS REPRESENTED
- 1,549 CHILDREN UNDER THE AGE OF 5 IMPACTED
- 3–PRONG APPROACH TO ADDRESS NUTRITION & PHYSICAL ACTIVITY
- 2 TRAININGS: Thinking Outside the Cake Box training, & Promoting Physical Activity with Portable Play Equipment training

PAL ANNUAL REPORT
Thank you to our donors & supporters! Love where you live!

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Steve & Marion Singleton
Steve Conron
Susan Dunlap
Tammy Miles
Timothy Gault
Wallace Campbell
Will & Laura Ringo

Are you interested in volunteering for PAL? We need your help! Contact info@active-living.org
TRAILS & PARKS

RAIL TRAIL EXTENSION

With 65,000 uses a year, the Mary Black Foundation Rail Trail is one of Spartanburg’s best used recreational facilities.

But most of those users know that getting from the Rail Trail to Barnet Park, for example, is made difficult by wide roads with lots of traffic. But all that will change soon. Thanks to a partnership between PAL, Palmetto Conservation Foundation, and the City of Spartanburg, an extension of the trail will be added in 2015 that will replicate the casual feel of the Rail Trail while protecting users from automobile traffic.

See it this way: Stand at the Henry Street end of the Rail Trail, looking north and west. Union Street, with its bike lanes, heads that way, but crossing Henry Street is the first challenge. With a little restriping of the traffic lanes, and a straightening of the crosswalks, changes intended to decrease the crossing time will make the route easier to follow.

Once on Union Street Ext., more roadway changes will create a wide, multi-use lane for travel in both directions. By reducing the number of travel lanes to three (from existing five), then adding a curb, the remaining space will allow for a wide protected trail from the flow of auto traffic.

The trail will turn left on Kennedy Street, where bicyclists and pedestrians will be segregated. An existing wide sidewalk will be paralleled by a ten-foot wide, two way protected lane called a “cycle track.” That trail will turn right onto Converse Street and continue on to Barnet Park.

These protected lanes—the first in South Carolina—will encourage more users and open up the downtown core and the Barnet Park/Cultural Center area. Encouraging people to walk and bike to these areas are sure ways to increase activity in the commercial core of the City.

TEN MILES

Ten miles: that’s one of the goals of our five year, trails implementation plan. Ten miles of continuous trail, miles that are protected by a curb or off-road, miles that are paved, scenic, and safe. Miles that will let you ride your bike from the downtown airport to Glendale Shoals for a picnic. Miles that will connect more of Spartanburg’s population with downtown. Miles that will serve many neighborhoods from Converse Heights to the Northside, from Fernwood to Woodland Heights.

FIX–IT STATION

Next time you’re at the Mary Black Foundation Rail Trail, check out the new public fix-it station next to the BCycles. You will find a tire pump and basic tools for simple bike repairs. Many thanks to the Friends of the MBF Rail Trail, which is a program of PAL, who raised the money for this new amenity here in Bike Town.
UPCOMING EVENTS

MARK YOUR CALENDARS FOR THESE PAL EVENTS!

- EVERY FRIDAY AT NOON @ MARY BLACK FOUNDATION RAIL TRAIL: LUNCHEON BICYCLE RIDE
- SECOND TUESDAY EVENING, MARCH – OCTOBER: TRAIL RUNS
- MARCH 14: LOVE WHERE YOU LIVE & PAL 1ST VIRTUAL RUN
- MAY 1: SPARTANBURG REGIONAL HEALTHCARE SYSTEM CRITERIUM (DOWNTOWN BICYCLE RACE)
- MAY: LOTS OF BICYCLING EVENTS!
- JUNE 4: HEALTHY SCHOOLS SUMMIT
- NOVEMBER 26: 11TH ANNUAL TURKEY DAY 8K

For more information on these and other PAL events, visit active-living.org