The Serious Business of Play

“Having access to and spending time in beautiful, healthy parks correlates with our overall wellbeing. Parks give us a sense of place, of meaning, imprint on our collective memory and are a fundamental structure in creating connections in both ourselves and our greater community.”

This quote by a parks policy planner for the City of Calgary summarizes Partners for Active Living’s (PAL) motivation to build a community park and high quality gathering space on the Mary Black Foundation Rail Trail.

Thanks to a partnership with the national play-focused organization Kaboom, PAL discovered that the proposed seven-acre park is in an area considered a ‘high-need play desert’.

PAL feels that this park will be different from others in our community because:

1. The center of our City needs a community park where children from across the County can gather together.
2. The park will provide an outlet for families with children of all ages, but especially those with older children who need amenities beyond those that are currently offered.

In a study published by Active Living Research, an arm of the Robert Wood Johnson Foundation, we learn that, “children with better access to parks and recreational resources are less likely to experience significant increases in attained Body Mass Index.”

“A few of the features included in our new community park include:

• Paved and natural trails
• A soccer field
• Fitness stations
• A picnic place in a trolley type setting
• An amphitheater
• A treehouse park
• A playground obstacle course

To date, PAL has raised $782,000 thanks to support from Mary Black Foundation, Balmer Foundation, Foundation for the Carolinas, Women Giving for Spartanburg, Wades Restaurant, Junior League of Spartanburg, White Oak Manor, Dave Edwards, Romill Foundation, and a number of individual donors.

Are you interested in learning more or contributing, visit www.active-living.org and click on the park drawing!
Across America today, children’s health, development, learning, and well-being have been seriously compromised by decades of changes that have dramatically altered childhood. Key among these changes is a significantly reduced amount of time spent outdoors, which is linked to a number of other detrimental trends. Experience in the field and child development research shows that all children need and benefit from more time outdoors; it is critical for their health, self-concept, and future school success. Partners for Active Living is collaborating with local and regional partners to pilot a program aimed at improving the quality of outdoor spaces at Spartanburg County childcare centers thus increasing the amount of active outdoor time for young children in our community.

The Natural Learning Initiative (NLI) was founded by NC State’s College of Design in 2000, to promote the importance of the natural environment, particularly among children. In 2006, Preventing Obesity by Design (POD) was launched as a program of the NLI to address the childhood obesity epidemic. By creating engaging Outdoor Learning Environments, designed to support cognitive and social development in young children, POD installations provide easy-to-access opportunities for hands-on experiences and physical activity that connect children to nature and maximize their learning outcomes and social development.

The South Carolina Department of Health and Environmental Control (SCDHEC) engaged NLI to create demonstration Outdoor Learning Environments for 5 Spartanburg childcare centers that were chosen through an application process. The partnership for the pilot project includes SCDHEC, NC State University (NLI), Clemson University Department of Landscape and Design, the SC Department of Social Services, Partners for Active Living, and the Spartanburg Childhood Obesity Task Force. The participating centers are Big Blue Marble Academy in Boiling Springs, Ida Thompson Child Development Center in Spartanburg, Kids First in Chesnee, Miss Tammy’s Little Learning Center in Landrum and Unique Kids in Greer.
I. Increase the number of venues for guide our work for the next few years. places, the objectives that follow will policies, programs, partnerships and Shaped by our mission to inspire a board of directors to help develop a I had the pleasure of joining the PAL Partners for Active Living, we've got plenty of things on our wish list – but just a wish. Without a plan is a goal quote, “...all children need time outdoors; it is critical for their health, self-concept, and future school success.”

Laura Ringo, without you! would not be setting these bold goals supporting this collective vision. We past & present board members, PAL Thank you to our donors, funders, and regional partners to pilot a program aimed at improving the quality of outdoor spaces at Spartanburg County child-care centers thus increasing success. Partners for Active Living is collaborating with local and regional partners to pilot a number of other detrimental trends. Experience in the field and child well-being have been seriously compromised by decades of changes and that have dramatically altered childhood. Key among these changes is a

To learn more or sign up for Spartanburg BCycle, visit http://Spartanburg.bcycle.com

Rich and Cissy Byrd, Ronnie and Zoe Smoak and Vince Barnhill are all experienced cyclists and mechanics.

When the Smoaks and the Byrds aren’t out riding in week-long bike tours, these Spartanburg next-door neighbors can be found at the Bcycle station not far from their own backyard. They see their service to the program as a way to support PAL’s mission and provide the expertise they can.

Vince is a long-term Spartanburg resident who has been active in Spartanburg’s cycling community for over 30 years. He’s also been a long-time PAL supporter and volunteer.

We are thrilled to have the support of all our volunteers.

The newest stretch of trails in the Drayton community are just the tip of the iceberg in a complex and comprehensive plan that calls for an additional 22 miles of connected pathways around town. Pacolet Milliken Enterprises, TMS Development, Montgomery Development, and Spartanburg County all contributed funds to the completion of the trail. In addition, the crossing of Drayton Avenue required permission of the South Carolina Department of Transportation, and will use funds from State Representative Derham Cole and the Spartanburg County Transportation Committee.

Drayton Trails Funding

- The newest stretch of trails in the Drayton community are just the tip of the iceberg in a complex and comprehensive plan that calls for an additional 22 miles of connected pathways around town. Pacolet Milliken Enterprises, TMS Development, Montgomery Development, and Spartanburg County all contributed funds to the completion of the trail. In addition, the crossing of Drayton Avenue required permission of the South Carolina Department of Transportation, and will use funds from State Representative Derham Cole and the Spartanburg County Transportation Committee.

**did you know?**

### About Hub Cycle:

- **-10-** Years in Operation
- **-1,000+-** Borrowers
- **-63-** Annual Volunteer Hours

**Spartanburg BCycle**

Spartanburg BCycle— the first bike-sharing program in the southeast, and one of the world’s smallest—requires a significant amount of attention. Besides the normal wear and tear on the bikes, the docks themselves require upkeep. Fortunately, for PAL, we’ve got some cracker-jack volunteers who go the extra mile to keep our BCycle stations up and running!

Spartanburg BCycle— the first bike-sharing program in the southeast, and one of the world’s smallest—requires a significant amount of attention. Besides the normal wear and tear on the bikes, the docks themselves require upkeep. Fortunately, for PAL, we’ve got some cracker-jack volunteers who go the extra mile to keep our BCycle stations up and running!
Drayton Trails Open

Have you visited the new trails at Drayton Mills? Part of our larger plan to add 22 miles of new trail to connect to our existing 10 miles of trails, the new trails center the development at Drayton Mills, and provide opportunities for all to enjoy the scenic beauty along the Lawson’s Fork Creek. The historic mill pond on the upper section offers a glimpse into the mill history.

If you’re looking for Fitbit points – the Upper Drayton Trail is 1.2 miles while the lower Drayton loop is 1 mile. The paved asphalt surface is perfect for walking, running or cycling. While you’re out there, be sure to check out the number of large hardwoods, the scenic and historic quality of the mill pond, and listen for the gentle murmur of the Lawson’s Fork creek as it heads toward the coast. With plans in place to connect the Drayton Trail to SPACE’s Cottonwood Trail – we’re excited about the path forward! To check out a map of Drayton Trails, visit:

http://www.active-living.org/spartanburg-county-trails

Get Out and EXPLORE!

The Spartanburg Walkers, led by Reta Cooper, has been active since 2012 and has over 300 registered members. Some walks are a little more fast-paced and some are a little slower, but all are rated easy. Among the places they walk are Croft State Park, Drayton Mills Trail, Cottonwood Trail and USC Upstate.

Check out all the opportunities on Meetup at www.meetup.com/SpartanWalkers/#upcoming

All are welcome!

About Partners for Active Living (PAL):

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

Laura Ringo
Executive Director
Ned Barrett
Trails Coordinator
Liz Perry
Healthy Kids Coordinator
Lindsey Graham
Resource Development Coordinator
Joe Baideme
Bicycle Mechanic & Hub Cycle Coordinator
Christy Barrett
Bicycling & Administrative Assistant
Dawn Wade
Bookkeeper
Genevieve Dallmeyer
AmeriCorps VISTA

226 South Spring Street
P.O. Box 6728
Spartanburg, SC 29304
(864) 598-9638

Friday Lunchtime Rides
Meet at First Presbyterian Church at the Family Life Center at Noon

PAL & RJ Rockers Runs
Meet at RJ Rockers Brewery on Tuesday’s at 6:00 pm for a 5k run

GHS Turkey Day 8K
Start at Morgan Square on Thanksgiving morning for a 7:00 am registration

For more event information, visit www.active-living.org or call 864-598-9638.