

### TEAM MEDELLIN/MOVICH MEN'S CYCLING

“We welcome the opportunity to return to Spartanburg and the Speed Week series for 2022. It was an incredible experience for us in 2021 and we really enjoyed the racing, the community and the hospitality. This year we will arrive with a past winner of the Spartanburg Criterium, Byran Sanchez, former UCI U23 World Champion, Fabio Duarte, and multi Grand Tour veteran, Oscar Sevilla.”  
Jose Julian Velasquez de la Cuesta - Team Director

### COLAVITA/HELLOFRESH WOMEN'S CYCLING TEAM

“We are super excited to return to Spartanburg and Speed Week this year to defend the team overall. We absolutely love this race and the atmosphere is just electric!! Plus, we get to visit our fav host house right on the course!!!” Tina Pic - Team Director

## DEFENDING SPEED WEEK CHAMPIONS RETURN TO THE CRIT!



## PARTNERS FOR ACTIVE LIVING IS NOW

But, we still host Spartanburg's FASTEST NIGHT! The Crit fits into PAL's current mission to advance active living and has become our largest fundraiser. The event is a day of play and fun for all, but its importance in our community goes beyond a downtown tailgate.

Support received from the Crit helps fund our work to build more trails and other free outdoor active spaces, increase access to healthy foods, and advocate for childhood wellness in our schools.

Funding for our work is essential to continue the growth and momentum of this community as a vibrant, healthy, connected Spartanburg.

[palspartanburg.org](http://palspartanburg.org)

### WE'VE ALWAYS BEEN ACTIVE.

2003

Heartwise became Partners for Active Living. With a mission to make Spartanburg County a healthy, more livable community, our work focused on walking, bicycling and physical activity as a part of everyday life.

2022

PAL hosts over 100 tents, a seven heat halftime kids ride and a Main Street Mile professional foot race!

2000

Originally called Heartwise, PAL was formed in response to a study that identified cardiovascular disease as a primary health concern in Spartanburg County. One of the main causes of this chronic illness was due to limited or no physical activity.

2005

Enter the Crit! The Criterium was what PAL was all about; celebrating healthy and active lifestyles and was a key component of our Bike Town Spartanburg initiative. Not only does this professional bike race make cycling more appealing, it brings our community together to support our mission.



Dear friends,

It has been an exciting season at PAL thanks to your support of our mission. We have new trails under construction, the Criterium is coming April 22, our work in schools is picking up momentum, and we are taking steps to start a local food hub. But our biggest boost came when we learned that Spartanburg had been awarded a \$23.8M federal transportation grant for The Dan. This funding will be transformational!

As you know, in recent years PAL has been spearheading new trail development in the Spartanburg community in partnership with public, private and nonprofit partners. We took on this role after seeing the growing success of trails like the Mary Black Foundation Rail Trail and desired that this impact spread throughout our urban area.

Our community's commitment to this process has been inspiring. Dozens of private landowners have signed voluntary easements allowing a trail on their property, and donors like you have given generously to match private dollars with public ones (thank you!).

Building trails is expensive and so in order to move this process faster, PAL reached out to and partnered with Spartanburg County government to apply for a federal transportation grant called RAISE for segments of The Dan that run along the Fairforest Creek. This route includes eight areas of persistent poverty. We see this as health equity in action. There is more about this grant on page 3. We look forward to keeping you updated on the development of new segments. Thank you for your commitment of PAL and our mission.

Onward,  
Laura Ringo, Executive Director

*Laura Ringo*

# THE FOOD HUB

PAL is piloting a new venture to expand access to healthy food through a concept called a food hub. In recent weeks, we have been purchasing food from local farmers and sharing it with after school programs



and organizations that serve people struggling with food insecurity. This program was created to strengthen the local food system by providing local farmers with an additional market while also providing nourishing food options for some of Spartanburg's youth.

The program also provides an opportunity for cultivating relationships with local growers and food recipients. Products purchased include oranges, apples, and carrots. Our goal is to build enough capacity within Spartanburg farms to sell local produce to interested institutions throughout the community.

We are always looking for more farmers. If you know a farmer who might be interested in an additional market, please reach out to Channing Houser at [chouser@palspartanburg.org](mailto:chouser@palspartanburg.org).

## RAISE



In November, Spartanburg County was awarded a \$23.8 million grant from the US Department of Transportation's Rebuilding American Infrastructure with Sustainability and Equity program. Spearheaded by PAL staff, the application was for 14.5 miles of trail mostly along the Fairforest Creek, and includes the loop around the Spartanburg Downtown Airport (SDA) and improvements to WO Ezell toward downtown. The funding, 100% for trails, will cover all aspects of the project, from surveying and design through construction. All funds must be spent by September 2029.

As with all projects, this one is not without its challenges. Of the 51 or so property owners, nearly all have been contacted and are in support of the project. Details will be worked out for routing, but the support has been overwhelmingly positive. There are several crossings of roadways owned by the South Carolina Department of Transportation (SCDOT) which will also require a broad study of the existing conditions and how best to improve them for trail users. Several smaller bridges in addition to the major bridge crossing Southport Road at the SDA will add to the complexity.



## THESE TRAIL MILES WILL NOT ONLY PROVIDE A CONTINUOUS AND CONNECTED TRAIL, BUT WILL ALSO MAKE CONNECTIONS TO EXISTING AND FURTHER PROPOSED TRAILS IN THE DAN.

The route connects destinations like the Mayfair Art Studios, Jesse Bobo Elementary School and Stewart Park. Spurs will take users to Spartanburg Methodist College, CC Woodson Recreation Center and the downtown area. The trail will terminate to the west at RP Dawkins Middle School for now. This funding propels the Dan expansion significantly, and we're excited to get started as soon as the details of the grant agreement are worked out.



## THE NEXT PHASE OF RIVER BIRCH ON ITS WAY TO DRAYTON AND BEAUMONT

## the DAN TRAIL UPDATES

The third phase of the River Birch Trail expansion is underway, further closing the gaps in the Dan along the Lawsons Fork Creek. This segment has a few challenges, including two bridges and about 700' of boardwalk. The boardwalk takes the trail across a steep side slope, complicated by underground utilities. The boardwalk will include an observation area near the White's Mill dam.

One of the bridges crosses a small tributary, while the other crosses the main stream of the Lawsons Fork Creek. A bridge of this length requires United States Army Corps of Engineers approval to assure that it creates no impediments in the creek.

The 100' bridge has been ordered, but is not scheduled for manufacture until September due to supply chain issues. The rest of the trail should be finished this summer.

### CANOPIED TRAIL

Work on the canopied bridge under the Norfolk Southern Railroad tracks at Drayton has begun. This has been a long project, working with Norfolk Southern through route approvals, and then through the engineer for design approvals. User safety was the primary goal of the process. The underpass provides another critical link in the Dan, the River Birch Trail to the Drayton Mills Trails and into the Beaumont community.

# MEET THE BOARD



Back Row: Michael Forrester, Martin Livingston, Margaret Brantley, Mark VanGeison, Manning Fairey, Wanda Cheeks-Holmes, Brandt Goodwin, Matt Roos,

Front Row: Ernest Rice, Anne McCraw, Ruth Littlejohn, Mary Kathryn Snead, Ty Dawson, Charles Mann, Adrienne Ables, William Marcus

Not pictured: Phil Humphrey, Art Littlejohn, Jalitha Moore

# STRATEGIC PLANNING

PAL's board recently gathered to re-visit our strategic plan because a lot has happened in our community since we developed it two years ago. Our conclusion is that our mission is critical to the health, well being and future of Spartanburg, and we are committed to implementing these strategic goals.

- COMPLETE THE DAN
- SUPPORT HEALTH AND WELLNESS IN SCHOOLS
- ESTABLISH OUR ROLE IN INCREASED ACCESS TO FOOD
- PURSUE STRATEGIES FOR ADDITIONAL ACTIVE SPACES



**LAURA RINGO**  
Executive Director

**NED BARRETT**  
Trail Development Manager

**LINDSEY GRAHAM**  
Marketing & Events Director

**ALISSA DUNCAN**  
Coalition & Food System Manager

**CLARISSA NESBITT**  
Partnership Manager

**EMI BAUTISTA**  
Schools Coordinator

**SOPHI SCHWARTZBAUER**  
Operations and Finance Manager

**LORI BOYD**  
Advocacy & Food System Coordinator

**CHANNING HOUSER**  
Agricultural Sustainability Coordinator

**CHRISTY BARRETT**  
BCycle Specialist

**DAWN WADE**  
Bookkeeper

## WELCOME NEW PAL!



We are excited to welcome Sophi Schwartzbauer to the team as our new Operations and Finance Manager. After growing up in Inman, SC, Sophi earned a degree in Broadcast Journalism from the University of Colorado Boulder. While in college, Sophi served as the associate producer for a USA Talk Network television show, as well as interned for PAL! After graduation, Sophi went on to become a 5th-grade teacher in Denver, CO where she and her students ventured into the new frontier of learning during a pandemic. Sophi found her way back to South Carolina after overcoming brain cancer at the age of 24. She is passionate about life and is excited to work with residents and community leaders to co-create a healthy and active environment for every person to enjoy living in!