



Hub Cycle Stories Tell Tales of Active Living

We do a lot of things here at the PAL office, but our Hub Cycle program remains one of our favorites. Since 2006 the program has served hundreds of borrowers who use the bikes for their only transportation in addition to providing fun exercise to hundreds of others.

Using donated bikes which our mechanic gets into working order, the program operates on a tight budget. Parts are always needed, some of which are donated and some of which we must buy to keep the fleet of about 300 bikes in good shape. We are grateful for all donations; if you have a bike to

donate, please contact our office.

But it's the borrowers that help keep this program going.

Linda started using Hub Cycle bikes about five years ago. She needed a bike to get to work. Sometime later Linda was diagnosed with cancer; she is now cancer free, and credits her biking with at least part of the recovery.

The school year begins with several usually large fellows from the Wofford football team making visits to our office to borrow bikes. They are always polite and respectful, and

don't mind using the purple bike with the pink cables. They aren't the only college students using Hub Cycle bikes either. With our Spartanburg community being surrounded by a variety of colleges and universities a large number of our renters are students who ride to class or downtown.



Darren first borrowed from Hub Cycle in 2010. He said, "The Hub Cycle program has given me a sense of freedom. Even though I can't afford a car I am still able to bike from my home on the east side of town to my job at Red Lobster on the west side."

Darren heard about the program four years ago in a local food market; he believes it helps make the community a better place.

The Hub Cycle program makes connections and partnerships in the Spartanburg community. A loyal renter who oversees a homeless shelter program in the area that helps young men overcome drug and alcohol abuse issues explained that Hub Cycles not only provide transportation for these men, but also imbue them with a sense of responsibility.

The Hub Cycle program here at PAL makes a difference in people's lives. Become a part of the program by borrowing a bike if you need one, or by donating bicycles if you have them. We welcome cash donations which help defray our costs. When you help this program you are helping to build a stronger and healthier community making it fun to live, work and exercise.



About Partners for Active Living (PAL):

Partners for Active Living transforms Spartanburg County into a vibrant, healthy, connected community where we live and grow. Visit our website: www.active-living.org.

Staff

Channing Banks

Food Finance Specialist

Ned Barrett

Trails Coordinator

Briana Bateman

Active Transportation Coordinator

Randy Cooksey, Michael DiSantos

Bicycle Mechanics

Rebecca Parrish

Healthy Kids Coordinator

Laura Ringo

Executive Director

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Spartanburg, SC 29304

(864)598-9638

Website

www.active-living.org

Fall on the Mary Black Foundation Rail Trail

Fall brings cooler weather, and PAL is hosting events designed to help more folks get out and get active.

On Friday, October 24, PAL and the Thomas E. Hannah Family YMCA will host a **Senior Bike Rodeo** at 9:30 am. Led by certified bicycle instructors and PAL staff, the event will include a bike ride as well as some basic bike maintenance and safety tips. Bring your own bike and helmet; call PAL at 864-598-9638 to find out how to borrow a bike.



The Spartanbark Parade takes Halloween to the dogs (or cats if you are so inclined, or marmots, or hedgehogs). If you've always wanted to be Dorothy with your Toto, dress up and get out for a fun and frivolous walk.

Hosted by Partners for Active Living and the

Spartanburg Humane Society, the walk starts and finishes at the Rail Tail Dog Park on Sunday, October 26 at 3 pm. Prizes will be awarded for the best costume. We still need volunteers for this event. Call us at (864)598-9638 to find out more.



The 10th Annual Turkey Day 8k

is an annual tradition that started as a bet between friends and has grown into the largest running race in Spartanburg County and one of the largest in the state.

But this isn't your average race: there is no entry fee; a donation of canned goods is all that is required. There is a starting and finishing line, a marked course and a timer, but no times are recorded. Instead, the first 75 men and the first 75 women are awarded the much-coveted Turkey Day 8k socks.

Don't hear wrong: this race has gotten more competitive as it's grown. Bring out your family and race to the line; you'll get to gloat the rest of the day, and maybe you'll win the socks. PAL hosts this event, and is grateful for the generous support of its sponsors. You can help by buying coffee or a race t-shirt. Find out more at www.active-living.org.

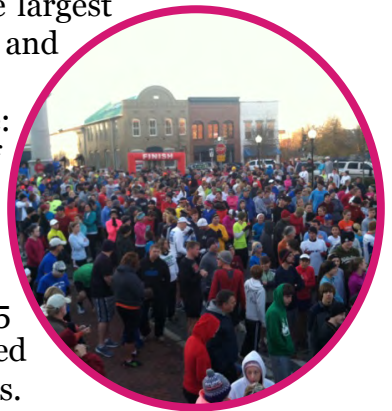


photo by Karl Johnson



The Second Tuesday Trail Runs continue through October 14, and will start again March 10, 2015. Walk options are always available. Check our website, www.active-living.org, for more information.



PAL Board member Natalia Swanson rides Fruity Pedals at the Love Where You Live gathering at the Growler Haus in September. Local non-profits gathered to share information and compete for a share of the Growler Haus's proceeds for the evening. Fruity Pedals is available for rent for your next event for \$100.



Our Hub Cycle program hit 1000 borrows in September. Hub Cycle lends donated bikes to users for a \$15 deposit for up to six months; a helmet, a lock and our mechanic service comes with the bike.



Want to get more involved with PAL?

We have a number of volunteer opportunities, some one-time events and some ongoing activities. By now you have signed up for our electronic Weekly Updates, a great way to stay informed about what's happening in the active living universe. You may have attended one of our recurring events, like the Second Tuesday Trail Runs or the Friday Lunchtime Rides. Have you donated lately to PAL or a PAL initiative like Hub Cycle? All are great ways to participate.

But if you have a hankering for yard work, or have the skills to do a quarterly safety check of our B-cycle bikes, we certainly need your help. Look for the "Volunteer" link on our website--www.active-living.org-- to find out about the types of volunteering activities we have available.

PAL benefits greatly from the Americorps program in Spartanburg. Through the United Way of the Piedmont, we have the services of Briana Bateman (top left), Channing Banks (right), and Erika Shaver. Channing is working as our Food Finances Specialist, working with a number of partners to support healthy eating on a budget. Briana focuses on growing our Hub Cycle program. Erika is working with District One Schools and with PAL's Healthy Kids projects.



Post Office Box 6728
Spartanburg, SC 29304

CHANGE SERVICE REQUESTED

-Some of our Initiatives-



By the Numbers

Hub Cycle

Years in operation: 8

Bikes: 275

Borrowers: 1000+

Cost to PAL per rental:

\$164

**Annual volunteer
hours: 57.5**

Get Moving!

Opportunities to get active with PAL and our partners

Fridays at noon: Friday Lunchtime Rides

Meet at the MBF Rail Trail B-cycle station

October 14: Second Tuesday Trail Run, 6:30 pm

October 25: Food Day

at the Hub City Farmers Market, 8 am - 12 noon

at the Thomas E. Hannah Family YMCA, noon - 2 pm

November 1: Spartanburg County Adventure Race, 10 am

November 8: Woodruff Greenway Trail opening, 9 am

November 27: Turkey Day 8k, 7:30 am

See our website for more details on these and other events,
www.active-living.org, or call 864-598-9638.

In order to continue promoting active living and healthy lifestyles in
Spartanburg County, we need **YOUR** help.

Please consider joining Partners for Active Living.

You can now donate online by visiting our website, www.active-living.org,

or send your tax deductible gift to:

Partners for Active Living

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