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Fitness habits and outdoors are reasons to visit Spartanburg

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You have two reasons to visit Spartanburg in the next 10 days.

Reason No. 1 comes Thursday, when Spartanburg resident Karri Isaac presents a timely seminar on overcoming self-sabotaging beliefs and habits. With New Year's upon us, many good intentions get lost.

Isaac, a triathlete and mother of three, will present the program at the Glendale Outdoor Leadership School in Spartanburg. A promoter of women's health and fitness, she will be accompanied by her daughter, Taylor, a premed student and herself an elite triathlete. Taylor will speak about discipline and diet.

The presentation begins at 7 p.m. Thursday and is part of the Glendale Outdoor Leadership School's "Outdoor Topic Series." The Glendale Outdoor Leadership School is located at 260 Wheeling Circle in Glendale. The series is open to the public, and there is no cost to attend.

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Isaac will speak for 45 minutes with refreshments following. No advanced signup is necessary. For more information, visit: setGOLS.org. 'Building Our future' Reason No. 2 to head to Spartanburg is the Jan. 18 "Building Our Future" speaker series, featuring Fran Mainella, former director of the National Park Service and current visiting scholar at Clemson University.

Mainella will speak on "Rethinking Outdoor Recreation," examining the benefits of parks and recreation facilities and their overall economic impact on the community. The presentation is sponsored by Partners for Active Living, Upstate Forever and the Spartanburg Area Chamber of Commerce.

The session is at 7:30 a.m. in the Heritage Ballroom at the Marriott at Renaissance Park.

Mainella was the first female director of the National Park Service, serving from 2001-2006. In January 2007, she joined Clemson University's faculty as a visiting scholar in the department of parks, recreation and tourism management.

Following Mainella's presentation, she will be available to speak on a more informal basis as part of a small group session. There is no charge for the event, but reservations are requested. Call Upstate Forever at: (864) 327-0090 to register, or e-mail: spartanburg@upstateforever.org.
