Richmond Wellness Trail-Park Rx Day Community Meeting #1
April 24, 2016 | 11:00am – 1:00pm

Agenda:

1. Welcome & Opening Remarks
2. Agenda Review
3. Project Presentation & Concept Ideas
4. Community Engagement: How YOU Shape the Plan
5. Feedback...
6. Next Steps
7. Begin Guided Walk – West on Nevin Ave., South on 9th St. to Harbour 8 Park at the Richmond Greenway
8. Musical Performance and Lunch on the Richmond Greenway
Today’s Speakers

- **Tom Leatherman, Superintendent of Four East Bay Parks (RORI, POCH, EUON, JOMU)**
  National Park Service

- **Kieron Slaughter, Urban Fellow**
  National Park Service

- **Sally Sheridan, Landscape Architect**
  Rivers Trails and Conservation Assistance Program, National Park Service

- **Josh Meyer, Director of Community Planning**
  Local Government Commission
Park Rx Day Community Meeting

To amplify the visibility of the nation-wide Park Rx movement in parks and communities across the nation and celebrate National Park Week. Park Rx is a community health initiative to “prescribe” time in parks to prevent and treat chronic disease and promote wellness —and create the next generation of park supporters, visitors, and advocates in the process.
"Nature is good for us, it is a great antidote to a variety of ailments, including obesity, heart disease, and depression," said National Park Service Director Jonathan B. Jarvis. "A growing number of public health officials now prescribe time in parks for the well-being of their patients. It is becoming a standard medical practice to tell patients to take a hike."

Jon B. Jarvis
Director of the National Park Service
NPS Commitment to Health & Wellness

• Employees
  - Safety Health & Wellness Strategy service wide

• Visitors
  - HPHP almost five years ago internationally
  - Park Rx Initiative builds upon the larger Step it up! Call to Action
    o The Initiative is a collaboration of national partners to advance the movement and create awareness among park and health professionals, and to address the operational hurdles present in parks and health collaborations.
    o Both Park Rx and Step It Up include goals on improving access to parks
A Call to Action

In preparation for the Centennial, in 2011 the National Park Service rededicated itself to the stewardship of places that exemplify our cultural heritage.

Some of the initiatives from the Call to Action:

- Connect People to Parks
- Enhance the Education Mission
- Preserve America’s Special Places
Urban Agenda – The City of Richmond and Rosie the Riveter / World War II Home Front National Historical Park is one of 10 parks chosen to host an Urban Fellow for two years.
The Richmond Wellness Trail addresses the Urban Agenda Principals and 5 of the 6 focus area’s:

- Youth Connections
- Outdoor Recreation
- Historic Preservation
- Economic Vitality
- Health
- Urban Design & Sustainability
The Richmond Wellness Trail addresses the Urban Agenda Principals and 5 of the 6 focus area’s
Kieron Slaughter, Urban Fellow
National Park Service
Richmond Wellness Trail Mission Statement

The Richmond Wellness Trail is a safe, inviting, multimodal route that inspires a healthy, active lifestyle - increasing connections between historic Downtown Richmond, the Iron Triangle, and the natural and historic features of the waterfront and the Rosie the Riveter visitor’s center.
Project Updates and Timeline:

• One on One Meetings with Stakeholders in Fall 2015
• Outreach Activities already Begun
  • Rich City Rides - Wellness Rides
• Project Webpage Launched on under City Manager’s Health Initiatives
• Two Pre-Meetings and One Guiding Team Meeting in 2015/2016
• First Community Meeting April 24, 2016
• Design Charrette / Workshop will occur sometime this Summer
• Project Final Adoption late 2016/Early 2017
Project Team Structure – Decision Space

NPS/City

Guiding Team

Planning Commission
City Depts.

Public Input

Sub-Teams

Public Input
The Draft Route is based on existing approved Plans, Policies and Programs
Guiding Documents

Pedestrian Plan

Bicycle Master Plan

Parks Master Plan

City of Richmond Pedestrian Plan

City of Richmond Bicycle Master Plan

Richmond Parks Master Plan

October 2011

October 2011

December, 2010

Prepared by:

City of Richmond Pedestrian Plan

City of Richmond Bicycle Master Plan

Richmond Parks Master Plan

Prepared in association with:

Fehr & Peers

Eisen | Letovic

Prepared by:

City of Richmond

City of Richmond

City of Richmond
Guiding Documents

Yellow Brick Road
Iron Triangle Neighborhood Plan

Transforming lives by transforming public space.

February 2015

This project is funded in part by a grant from the Environmental Justice grant program of the California Department of Transportation.

Improving Communities.
Guiding Documents
Guiding Documents

Richmond Bay Specific Plan
Public Review Draft
October 2015

South Richmond Transportation Connectivity Plan (SRTCP)

18
Guiding Documents

Figure ES-3 SRTCP Key Corridors and Nodes

Source: Nelson\Wygaard
Health in All Policies, City of Richmond

The City’s HiAP Strategy is part of a larger collaborative partnership to advance health equity in Richmond that includes the West Contra Costa Unified School District, Contra Costa Health Services, and UC Berkeley, called the Richmond Health Equity Partnership (RHEP).

Figure 2: Richmond Health Equity Partnership (RHEP)

Fundamentally, HiAP is premised on at least five visions for Richmond:

1. Health starts long before illness and before you reach a hospital or doctor’s office.
2. Health starts in our families, schools, workplaces, and communities.
3. Your neighborhood, school or job shouldn’t be hazardous to your health.
4. All Richmond residents should have the opportunity to make the choices that allow them to live a long, healthy life, regardless of their job, neighborhood of residence, level of education, immigration status, sexual orientation, or ethnic background.
5. City government can and does influence health in many of its decisions and departments.
Guiding Documents
Draft Route

Connects Downtown Richmond, Employment Centers, BART, AMTRAK, Kaiser Medical Facility, St. Marks Church, New Leadership school, Yellow Brick Road, Harbour Way Senior Housing, Richmond Greenway (Harbour 8 Park, Unity Park), Nystrom Village, MLK Jr. School and Track, Historic Kaiser Field Hospital, SF Bay Trail, Existing & Future Residential Mixed-Use Projects, Future SF Ferry Terminal
Draft Route

Section 1

More Pedestrian focused, Potential Downtown 1.5 Mile (30 Min Walk) Loop if 16th St and Nevin Ave are added.
Draft Route

Section 2

More residential, potential for a Big Move like a Cycle Track and Complete Streetscape Improvement to Calm Traffic.

Transitions from Pedestrian to Bicycle and Multi-Modal Complete Street.
Draft Route

Section 3

More Industrial, Cycle Track already planned in the Shoreline Specific Plan.

Connects to the SF Bay Trail, Visitors Center, Future SF Ferry and new Residential and Mixed-Use Projects.
Richmond Cycle Tracks and Class 1 Bike Paths

- **Richmond Wellness Trail** (Planned)
- **Richmond Greenway**
- **Carlson Crosstown Connection** (Planned)
- **Ohlone Greenway**
Affiliated Programs & Policies

Find a park
Find a program
Find a healthier you
Affiliated Programs & Policies
Healthy Parks Healthy People, Park RX, Parks Prescriptions, Walk with a Doc, Everybody Walk – KP, Step It Up!, Lets Move!
Who: every American! Date:_______

Rx: Nature time in your neighborhood park

Sig: as needed for physical, mental health

Dispense: unlimited

Refills: unlimited
side effects may include happiness, laughter, and improved health and wellness

Signature:_________________
Affiliated Programs & Policies
Healthy Parks Healthy People, Park RX, Parks Prescriptions, Walk with a Doc, Everybody Walk – KP, Step It Up!, Lets Move!
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Step It Up! The Surgeon General’s Call to Action to Promote Walking and Walkable Communities

- Call to Action
- Watch the Launch Event Webcast
- Step It Up! Help Make Our Communities Walkable: Video
- Surgeon General’s Walking Playlist on Pandora
- Partner Resources
- Join the Conversation on Social Media: #StepItUp
- Step It Up! Everyone Can Help Make Our Communities More Walkable. Every Sector Has a Role to Play
- Additional Resources

Surgeon General says Step It Up

Call to Action
Similar Projects and Potential Amenities
The Medical Mile, Little Rock, AR

In dedicating the facility, Mayor Jim Dailey said, “From the perspective of the City of Little Rock, the trail is an economic, health, and environmental conservation stimulator.” Diana Allen of the National Park Service—another project partner—has called Little Rock “a cradle of innovation with health care and recreation partnerships.”
Similar Projects and Potential Amenities
The Medical Mile, Little Rock, AR
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The Medical Mile, Little Rock, AR
Similar Projects and Potential Amenities

**Health-Promoting Park Systems ...**
**Provide Exercise Equipment and Fitness Zones:**

New Fitness Zone and Walking Trail at JFK Park, Richmond, CA
Potential Amenities

**Fitness Zones, Bike Boulevard, Cycle Track, Slow Streets, Street Murals, Rain Gardens, Enhanced Lighting, New Crosswalks, Landscaping**

- Attract new users.
- Encourage former park users to return.
- Increase physical activity in the entire park, even among non-users.
- Increase park use by women.
- Model healthy behavior to children.
- Intergenerational
Potential Amenities

Fitness Zones, Bike Boulevard, Cycle Track, Slow Streets, Street Murals, Rain Gardens, Enhanced Lighting, New Crosswalks, Landscaping
Potential Amenities
Fitness Zones, **Bike Boulevard**, Cycle Track, Slow Streets, Street Murals, Rain Gardens, Enhanced Lighting, New Crosswalks, Landscaping

Milvia St., Berkeley, CA
Potential Amenities
Fitness Zones, Bike Boulevard, Cycle Track, Slow Streets, Street Murals, Rain Gardens, Enhanced Lighting, New Crosswalks, Landscaping

Bostonbiker.com

N Street, Lincoln, NE, Alta Planning & Design
Potential Amenities
Fitness Zones, Bike Boulevard, Cycle Track, Slow Streets, Street Murals, Rain Gardens, Enhanced Lighting, New Crosswalks, Landscaping

Richfield, MN

Bogota, Columbia
Potential Amenities
Fitness Zones, Bike Boulevard, Cycle Track, **Slow Streets**, Street Murals, Rain Gardens, Enhanced Lighting, New Crosswalks, Landscaping

Latham Street, Santa Monica, CA
Ortega Street, Santa Monica, CA
- **Sally Sheridan, Landscape Architect**  
  Rivers Trails and Conservation Assistance Program, National Park Service

- **Josh Meyer, Director of Community Planning**  
  Local Government Commission
Potential Amenities
Fitness Zones, Bike Boulevard, Cycle Track, Slow Streets, Street Murals, Rain Gardens, Enhanced Lighting, New Crosswalks, Landscaping

Portland, OR
Seattle, WA
Potential Amenities
Fitness Zones, Bike Boulevard, Cycle Track, Slow Streets, Street Murals, Rain Gardens, Enhanced Lighting, New Crosswalks, Landscaping

State College, PA
Potential Amenities
Fitness Zones, Bike Boulevard, Cycle Track, Slow Streets, Street Murals, Rain Gardens, Enhanced Lighting, New Crosswalks, Landscaping

Mathieu Court Alley Greening Project, Richmond, CA
Potential Amenities
Fitness Zones, Bike Boulevard, Cycle Track, Slow Streets, Street Murals, Rain Gardens, Enhanced Lighting, New Crosswalks, Landscaping

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Decatur, Ill
Lancaster, CA
Potential Amenities
Fitness Zones, Bike Boulevard, Cycle Track, Slow Streets, Street Murals, Rain Gardens, Enhanced Lighting, New Crosswalks, Landscaping

HUBSS.com

Harbour Way, Richmond, CA
Ways to Create a Healthier Neighborhood

• Crime Prevention Through Community Design
  – Eyes on streets, parks, public spaces
Potential Amenities
Fitness Zones, Bike Boulevard, Cycle Track, Slow Streets, Street Murals, Rain Gardens, Enhanced Lighting, New Crosswalks, Landscaping
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Nevin Avenue Streetscape Project
Walking and Running apps

There are numerous Free Walking, Running and Health Apps to track your steps, calories burned and distance traveled. Here are a few...

**EveryBody Walk!**

Every Body Walk! Now available in the iTunes App Store.

Every Body Walk! helps you track all aspects of your walk, including distance, time, calories burned, and routes. You can watch your progress on route, save your walking history for future reference, and share your walks with friends and family via Facebook and Twitter.

**Every Body Walk! you can:**

- Start, end, pause, and resume your walk with the tap of a button
- Set targets such as distance, time, and calories burned
- View your walking routes on maps
- Watch your progress in real time and save walks for future reference.
- Share your walk summary on Facebook and Twitter.

**MapMyWalk**

MapMyWalk – Under Armour
Wearable Tech, Step Trackers Pedometers and Smart Watches

FitBit, Apple Watch, Moto 360, LG Urbane, Jawbone, Google Fit, Samsung S-Health and more...
Community Engagement: How YOU Shape the Plan

• Interviews/Focus Groups/Roundtable Discussions
• Richmond Wellness Trail – Guiding Team
• Community Events
• 3 Day Design Charrette Workshop
• Social Media Updates/Feedback
• Conference Presentations
• Planning Commission Meetings
• City Council Meeting
Guided Walk

What is your vision for the Richmond Wellness Trail?

1. Name 3 important features that should be included on the Richmond Wellness Trail
2. What do you like about this route and the Richmond Greenway?
3. What improvements, opportunities and/or solutions would you propose on the Route?
4. What problems and hazards do you notice?
5. Report to a Group Leader
6. Use #RWellTrail when posting photos on Social Media
Guided Walking Route

East Bay Center For Performing Arts

Harbour 8 Park Richmond Greenway
Thank You!

Questions?
Stretch with Maurice Nunn...then Let’s Walk!

We Are Family Wellness Group

GirlTrek