Richmond Wellness Trail:

Recreation & Parks Commission Meeting
February 1, 2017
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
The Richmond Wellness Trail addresses the Urban Agenda Principals and 5 of the 6 focus area’s.
The Richmond Wellness Trail addresses the Urban Agenda Principals and 5 of the 6 focus area’s
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. #RWellTrail

Potential Amenities & Inspiration
Richmond Wellness Trail 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.
Recommendation: Intersection treatment at Ohio Ave & Marina Way South
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Recommendation: Marina Way South – Ohio Ave to Cutting Blvd.
Recommendation: Marina Way South & Cutting Blvd.
Recommendation: Marina Way South – Cutting Blvd. to Wright Ave
Recommendation: Marina Way South – Wright Ave to Hall Ave
Recommendation: Intersection treatment at Regatta Blvd. & Marina Way South
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Future Ferry Service and New Kayak Launch

- Increased Foot and Bicycle Traffic in the area
  - Approx. 100,000 passenger during the first year
  - Each Ferry can carry 400 passengers and 40 Bikes
- Increased Visibility to the Visitors Center and Nearby Amenities
- Opportunity to Engage New Visitors
- Significant Infrastructure Investment

San Francisco Bay Ferry
Similar Projects and Potential Amenities

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

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

Trust For Public Land
Potential Amenities
Fitness Zones, Bike Boulevard, Cycle Track, Slow Streets, Street Murals, Rain Gardens, Enhanced Lighting, New Crosswalks and more...
Potential Amenities
Fitness Zones, Bike Boulevard, **Cycle Track**, Slow Streets, Street Murals, Rain Gardens, Enhanced Lighting, New Crosswalks and more...

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 and more...

Latham Street, Santa Monica, CA
Ortega Street, Santa Monica, CA
Potential Amenities
Fitness Zones, Bike Boulevard, Cycle Track, Slow Streets, Street Murals, Rain Gardens, Enhanced Lighting, New Crosswalks and more...

Portland, OR

Seattle, WA
Potential Amenities
Fitness Zones, Bike Boulevard, Cycle Track, Slow Streets, Street Murals, Rain Gardens, Enhanced Lighting, New Crosswalks and more...

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

HUBSS.com

Harbour Way, Richmond, CA
The Project and Route is based on existing approved Plans, Policies and Vision

Richmond General Plan 2030

General Plan Vision

Climate Action Plan
Guiding Documents

City of Richmond
Pedestrian Plan
October 2011

City of Richmond
Bicycle Master Plan

City of Richmond
Parks Master Plan

October 2011

Prepared by:
Fehr & Peers
in association with
Eilen | Letonic

Prepared for:
City of Richmond

RICHMOND PARKS
MASTER PLAN

December, 2010
Guiding Documents

Yellow Brick Road
Iron Triangle Walkable Neighborhood Plan
Transforming lives by transforming public space.

February 2015

Improving Communities.

Yellow Brick Road
Iron Triangle Neighborhood Plan
Guiding Documents

Richmond Bay Specific Plan
Public Review Draft
October 2015

South Richmond Transportation Connectivity Plan (SRTCP)
NPS Resources Utilized and Leveraged

• RTCA Community Assistance
• Parks, Trails, and Health Workbook
• 5p Community Action Model
• Collaboration Clinic – A Collaborative Approach to Resource Management
• Healthy Parks Healthy People E-Guide
• Brian O'Neill's 21 Steps to Effective Collaboration
• Engaging Diverse Youth in Park Programs
Healthy Parks Healthy People: Bay Area
A roadmap and Case Study for Regional Collaboration - 2017

Figure 1: The Health Benefits of Nature

- For children, outdoor play in a natural setting can improve motor strength, balance and coordination. (Flotter, 2001)
- For the elderly, time outdoors in a natural setting can improve cognition. (Ottosson & Graham, 2005)
- Exposure to nature can improve depression, anxiety, and attention deficit hyperactivity disorder. (Sugiyama, Leslie, Gilles-Corti & Owen, 2008) (Taylor & Kuo, 2009)
- Time spent in places with natural landscaping can encourage social interactions and integrations. (Kweah, Sullivan & Wiley, 1998)
- Time in nature may contribute to children’s cognitive, emotional, social, and educational development. (Strife & Downey, 2009)
- Spending time outdoors is associated with improved distance vision. (Rose et al, 2008)
- Regular exposure to bright natural light can increase vitamin D levels and decrease blood sugar levels among diabetics. (F.E. Kuo, 2010)
- Exercising outdoors can reduce sadness, anger, and fatigue and improve attention spans. (Blower, Buyung-All, Knight & Pullin, 2010)
Community Engagement

- Interviews/Focus Groups/Roundtable Discussions
- Richmond Wellness Trail – Guiding Team
- Community Events/Meetings
- 4 Day Design Charrette Workshop
- 1 1/2 Day Health Themed Workshop
- Social Media Updates
- Conference Presentations
- Planning Commission Meetings
- City Council Meetings
- Word of Mouth
## Community Engagement Calendar

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Richmond Wellness Trail Kick Off Meeting</td>
<td>December 3, 2015</td>
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<tr>
<td>Friends of the Richmond Greenway Presentation</td>
<td>March 7, 2015</td>
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<tr>
<td>Rich City Rides Wellness Trail Ride</td>
<td>March 13, 2015</td>
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<tr>
<td>Trust for Public Land Presentation</td>
<td>May 11, 2015</td>
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<tr>
<td>Rosie the Riveter/WWII Home Front National Historical Park Workshop</td>
<td>June 7, 2015</td>
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<tr>
<td>Richmond Bicycle/Pedestrian Advisory Committee Presentation</td>
<td>July 13, 2015</td>
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<tr>
<td>Richmond Bicycle/Pedestrian Advisory Committee Presentation</td>
<td>February 8, 2016</td>
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<tr>
<td>Park Rx Day Community Meeting &amp; Walk Audit</td>
<td>April 24, 2016</td>
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<tr>
<td>Bay Area Open Space Conference - Wellness Trail Field Trip</td>
<td>May 19, 2016</td>
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<tr>
<td>Community Design Charrette Workshop</td>
<td>August 8–11th, 2016</td>
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<tr>
<td>Meeting of the Minds Conference - Wellness Trail Field Trip</td>
<td>October 26, 2016</td>
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<tr>
<td>Health Focused Design Charrette</td>
<td>November 4, 5, 2016</td>
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<tr>
<td>City of Richmond Recreation &amp; Parks Commission</td>
<td>February 1, 2017</td>
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<tr>
<td>Marina Bay Neighborhood Council</td>
<td>March 8, 2017</td>
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<tr>
<td>Iron Triangle Neighborhood Council</td>
<td>TBA</td>
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<tr>
<td>Coronado Neighborhood Council</td>
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Stakeholders Engaged

Kaiser Permanente
Friends of the Richmond Greenway - FORG
City of Richmond
Office of the Mayor Tom Butt
Contra Costa Health Services Dept.
Student Conservation Association
NPS Rivers, Trails & Assistance Program - RTCA
Groundwork Richmond
POGO Park
Richmond Bicycle / Pedestrian Advisory Committee
Rich City Rides
Nystrom Urban Revitalization Effort - NURVE
Richmond Mainstreet Initiative
Trails for Richmond Action Committee - TRAC
San Francisco Bay Trail
Iron Triangle Neighborhood Council
Coronado Neighborhood Council
Marina Bay Neighborhood Council
Local Government Commission
Institute at the Golden Gate
Healthy Parks Healthy People - Local
Trust for Public Land
Rosie the Riveter Trust
West Contra Costa School District
Eastbay Center for Performing Arts
Richmond Recreation & Parks Commission
Vallier Design Landscaping
African American Wellness Project
We Are Family Wellness Group
Rails to Trails
Building Blocks For Kids
St. Mark Parish
West Contra Costa School District
Harbour View Senior Apartments
UC Berkeley
Healthy Richmond
RoseMary's Kitchen
Richmond Convention and Visitors Bureau
Richmond Convention and Visitors Bureau
Richmond Museum of History
Building Blocks For Kids
City of Richmond Transportation Division
Yes Families
Nutrition Team
Basic Training SF
Ryse Center
Yes Families
SparkPoint
Richmond Community Foundation
Park Rx Day Community Meeting & Walk Audit – April 24, 2016
Park Rx Day Community Meeting & Walk Audit – April 24, 2016
Park Rx Day Community Meeting & Walk Audit – April 24, 2016
Park Rx Day Community Meeting & Walk Audit – April 24, 2016
Community Design Charrette Workshop
August 8 – 11th, 2016

- In partnership with RTCA and the Local Government Commission
- Community design charrette workshop to solicit input
- Members of the Guiding Team embedded themselves in the Rich City Rides Co-Op & Bike Shop
- Active design studio to crowdsource solutions and amenities
Wellness Trail Community Design Charrette: Opening Workshop
Open Studio, Bike Ride, Music on the Main
Health Focused Design Charrette
Furthering the Wellness Themes and Messaging Opportunities
November 4, 5, 2016

• in partnership with RTCA, Local Government Commission, Richmond Museum of History and the Association of Landscape Architects

• 1 ½ day design charrette workshop focused on furthering the wellness themes and messaging opportunities for the Richmond Wellness Trail.

• Small groups tackled design challenges and visually captured some of the options and alternatives that were discussed the previous day.

• The workshop culminated with a reception and presentation open to the public.
Health Focused Design Charrette
Furthering the Wellness Themes and Messaging Opportunities
November 4, 5, 2016
This workshop tour took delegates along the Richmond Wellness Trail to the Richmond Greenway and provided an opportunity for the innovators to discuss how these projects are being planned, funded, and implemented.
Conference Presentations, Field Trips & Walking tours

Bay Area Open Space Conference, May 19, 2016
The History & Future of Richmond’s Open Spaces

• In partnership with David Zuckerman from the East Bay Regional Park District and other local partners.

• Highlighting recent success in new open space and creative place making in Richmond.

• The tour visited the Interpretive Overlook above Shipyard 3, Scenic Ferry Point at Miller Knox Regional Shoreline and the Richmond Greenway, site of the future Richmond Wellness Trail.
Next Steps…

• Looking for ways to make a stronger connections with RORI and Kaiser
  • Wayfinding Signage
• Exploring Opportunities to expand on existing technology like Point by Canogle
• Identify Opportunities for Pilot Programming with Partners along the Trail Route
  • Bike Rides with a Ranger
  • HPHP Programming Collaboration with COR
• Project Adoption by the City of Richmond Early 2017
Thank You! Questions?