



## Fitness Zones®

Delridge / Hiawatha / Van Asselt / Powell Barnett  
Public Meetings June 2,4,10, 11, 2015 6:30- 7:45 p.m.

### Meeting Minutes

#### Presenters:

Mike Schwindeller–Seattle Parks and Recreation  
Andy Sheffer–Seattle Parks and Recreation  
John Hoey–The Trust for Public Land (Partner Organization)  
Paige Green Dunn–MOMentum (Partner Organization)  
Benjamin Barrett–Johnson + Southerland (Design Consultant)

#### 6/2/15 DELRIDGE PUBLIC MEETING

80 online surveys completed ([Delridge Fitness Zone® Survey Results](#))

- Q: I would push for a more hard separation [between the playground and the fitness zone, something that is reflective of what is already here. Perhaps you could use a harder edge and not a gentle slope [on the downhill side]?
- A: So you are saying to use a language to define the space?
- Q: What is the lifespan and required maintenance of the equipment?
- A: There is a similar lifespan to most playground equipment, about 20 years. We anticipate code changes before that time. Parks did file for maintenance funds and there is a synergy/cost savings grouping with the repair and inspection of existing playground equipment.
- Q: If somebody was to lead a workout, is there a circuit for the equipment that will be provided? Is that included in the consideration of the equipment?
- A: Yes, we are looking for balance across exercise type, but also to reflect community input.
- Q: Are you going to have a time limit for the use of the equipment?
- A: We will look into customizing a sign to say, please be courteous to those around and limit your use to 20 or 30 minutes of any piece of equipment. We have also coordinated working with outside groups that come to use the equipment, making sure that they use the equipment at off hours that wouldn't conflict with a lot of people using the equipment. There is also a public benefit to what they are doing, because people see how to use the equipment, maybe learn something new.

Q: My concern is less about specific pieces, but the narrative of the fitness zone. What about folks who don't exercise? How do we present a clear message to the public? Different languages?

A: There is information on each piece on the post that includes English instructions, clear diagrams on how to use, and a link to a video on how to use the equipment. Also, there is value in activating the space, watching other people use the equipment. We placed the equipment at parks that have nearby community centers so that classes can also model exercises and teach the public.

Q: The local Vietnamese and Somali communities have expressed a desire to have more fitness equipment. Perhaps we can find instructors who can teach those populations. Also, the local libraries do multi-lingual readings, so perhaps they could move them here and partner?

A: We can push the manufacturer to see what the options are for translations. If we have the funding available we could have an additional sign that might include different languages, some general rules about time and sharing of equipment.

Q: (Parks staff) How do you [the public] feel about the proximity to the playground?

A: I personally don't see myself exercising in front of everybody, I feel a little more self-conscious. But I think also, because it is a social thing, once people start seeing other people using it, I can definitely see the moms that come here all of the time, groups of kids here, and the types of equipment that we select, I don't think is going to be a big deal.

Q: How do you use the parallel bars?

A: They are really good for people in wheelchairs and are ADA accessible, because they don't have to transfer. It is also good for people rehabbing to work their strength/range of motion in their arms and shoulders. Dips are a common exercise and more stretching movements.

R: It is nice to have ways to assist for those people who can't lift their own weight, like the ones that allow you to do motions at different angles.

C: I like the elliptical and cardio machines. That seems like an obvious thing to have. For a lot of people that is a really easy exercise. It is also really easy for a mom to do while watching their kid. I think we would also see teens using them (migrating over from the skatepark). I would like to see something particularly accessible for seniors, because we are missing that out here.

Q: (Parks staff) How do you [the public] feel about the color scheme?

A: I think it depends on the relationship to the playground equipment. I could see using similar bright colors.

R: The nice thing about this color palette [black and silver] is that it distinguishes it from the playground equipment for children's. The Fitness Zone equipment is designed for ages 13+ and will have signs that clearly state recommended age group and instructions for exercise.

C: The cardio equipment is something that I like because it could be more social. It seems like a good piece to have two of.

C: I don't know how many people have been providing feedback via e-mail, but from the Delridge Neighborhood Council perspective, most of what we are hearing is, "Yeah, we want this!" There is not a whole of I want this piece of equipment, but we want this.

- Q: I was wondering about the safety guidelines for little kids. Because I see a lot of kids in the park without their parents. And they are going to be excited [by the new equipment].
- A: The equipment will have signs that say the age group that it is meant for, and instructions for how it is to be used properly. We also feel that using the different color palette and the different materials on the ground is will be different from the playground so that it doesn't look like it is meant for children to play on. We will also look into a sign that is separate from the equipment that has safety guidelines, the intended purpose of the equipment, and if somebody is using the equipment inappropriately (or for too long), they can point to the sign. Other sites have had this kind of signage. "this is a public space for all, be respectful, 13+, rules"
- C: I'm confident that people will use it appropriately. I'm amazed with how few problems we have had at the skatepark. We were very welcoming, but there was still concerned that groups would clash. It's amazing to watch high school kids make space for little kids and even encourage them, so there seems to be a lot of respect. I'm hopeful it would extend to this.

**Delridge Public Meeting  
Equipment Preference Dot  
Exercise**

Ab Crunch/Leg Lift: 3  
Assisted Row/Push Up: 0

Cardio Stepper: 3  
Chest/Back Press: 1  
Elliptical: 3  
Hand Cyler: 0  
Parallel Bars: 1

Plyometrics: 0  
Pull Up/Dip: 2  
Stretch/Twist: 2

**Delridge Community Day  
Equipment Preference Dot  
Exercise**

Ab Crunch/Leg Lift: 3  
Assisted Row/Push Up: 1

Cardio Stepper: 3  
Chest/Back Press: 2  
Elliptical: 3  
Hand Cyler: 3  
Parallel Bars: 4

Plyometrics: 1  
Pull Up/Dip: 3  
Stretch/Twist: 3

**6/4/15 HIAWATHA PUBLIC MEETING**

92 online surveys completed ([Hiawatha Fitness Zone® Survey Results](#))

- C: As somebody who works out a lot, I would prefer to have all of the equipment together.
- Q: What about kids wanting to get on the equipment?
- A: The things we can do to mitigate that include information on the equipment that gives the age range for the user as well as the correct way to use it. The other thing that we can do is separate it out from the play equipment, and setting up this language that says, this is different, this is equipment for exercise rather than play. We can also use the colors that we choose. Currently we are looking at a color palette that doesn't call itself out as being play equipment. We can use the design language and signs to address that as best as we can.
- Q: Is there room to fit all of the equipment at one location, or do you have to split them up?
- A: There is room enough to put them all near the swings. Or if there is a desire, we could also split it between the two areas. We have clear direction from the Parks Arborists that we could only fit 3-4 pieces at site one near the playground.

Q: There is no tree canopy near site two?

A: Site two is fairly clear of trees.

Q: The slides you showed has equipment on a concrete pad in one and on play chips in another. Do we have an option for either?

A: Currently we are looking at putting them on a concrete pad for a few reasons. Maintenance and durability is a major consideration. Also we want it to truly be universally accessible and wood chips is consider accessible, but in reality, you have to rake it constantly to maintain accessibility.

Q: How deep will the concrete pad be?

A: For this equipment we will need to go about 6” deep. And we would need to go deeper for a footing for the equipment, but it is a pretty thin pad. And it would be set at grade, without a step up?

Q: Could you have a rubberized surface on top of the concrete?

A: Currently we are not considering that option. The poured in place rubber is a really expensive product. There are guidelines for adult fitness equipment and they do not require fall surfacing under it.

R: I wasn't thinking about that, I was thinking from a workout perspective, if you want to do things on the ground, concrete is so hard, it would be nice to have a surface you could stretch on.

A: The rubberized surface can be \$18-22/sq ft, which when you start extrapolating that over 1,200-1,600 sq ft, the cost goes up and it becomes an expensive item.

Q: Maybe just a small area?

A: We could definitely consider a small stretching area. Some of the equipment might lend itself to that.

C: You were looking at other locations, you might consider near the wading pool, that is a very popular area.

C: If you broke it into two sites, it would be more cost, and I feel like more equipment is better. Rather than spend money on two sites, you could get more equipment. More people work out at the same time, it creates more of a synergy. I think the focus of the resources should be on more equipment and minimize other costs. Choose a site that is ADA accessible rather than having to rework the site.

Q: Is there an estimate of the cost for one of these? I know it varies at each site.

A: The budget is about \$50,000 per site, about \$30,000 for equipment and \$20,000 for installation. And we will have to provide an ADA accessible route. If the site work costs more, it could eat into the equipment budget. The other consideration is that we are trying not to intrude on programmed or unscheduled space because it is scarce. So we are concerned about that open area at site two.

Q: Is it that parents use it the most, in your experience at other parks?

A: I have seen parents use the equipment, but also fitness groups will take advantage of the equipment, but the cluster of equipment, the Fitness Zone, is new to Seattle. And there is an added benefit to that, because they can demonstrate exercises for others, and makes people excited. The other thing is that near a playground you have an instant audience, caregivers are going to be there no matter what.

- Q: You mentioned that you have to have ADA access from the community center parking lot, or could you have a spot on the street to lower the cost.
- A: The ADA stall has to be off street. There are rules about that. Also, putting ramps in a sidewalk is actually fairly expensive. What we have now is a pretty good situation. We have the stall, and a route that proves out to be accessible. It might need some improvements, but not too many.
- Q: (Parks Staff) Would placing the Fitness Zone next to the swings be out of the way of most of the activities in the open space?
- A: If it was at the south end of the swings, between the driveway and the swings, it would not be in the way. It would be perfect. That field out there is really important for the little kids but that spot would be ok.
- C: That would minimize the impact to the open space and be near the ADA access with sightlines to the swings and the wading pool.
- Q: How much does this equipment cost?
- A: Around \$4-5,000 for the cardio equipment and about half that for the static equipment.
- C: I feel like it is really important to have a diversity of equipment. Lots of different types of exercises.

**Hiawatha Equipment**

**Preference Dot Exercise**

Ab Crunch/Leg Lift: 3  
Assisted Row/Push Up: 0

Cardio Stepper: 4  
Chest/Back Press: 3  
Elliptical: 4  
Hand Cycluser: 0

Parallel Bars: 2  
Plyometrics: 3  
Pull Up/Dip: 3  
Stretch/Twist: 3

**Site Dots:**

#1 (split site): 0  
#2 (near swings): 4

**6/10/15 VAN ASSELT PUBLIC MEETING**

15 online surveys completed ([Van Asselt Fitness Zone® Survey Results](#))

- Q: Is this the first place with adult exercise equipment?
- A: It is the first Fitness Zone®, but other pieces of adult exercise equipment have also been installed at Rainer Beach, Bitterlake and Montlake Parks.
- Q: Have you looked into drainage? It is sometimes muddy in that area.
- A: We will see if we need do something to mitigate that issue in the design. This equipment will be installed on a concrete pad for the equipment to be bolted down. We will likely bring a paved sidewalk to the new concrete pad further to the south adjacent to the hill. The pad will be sloped slightly to drain. We might be able to install a French drainage to capture the water coming off the hillside.
- Q: (Parks staff) How do you feel about the location of the Fitness Zone in proximity to the playground?
- A: It is great to face the playground. This sounds good.

- Q: Is it [the fitness equipment] all going to be in a row, facing the playground?  
 A: It will be different at every site. It will be linear on the south side of the play area and might wrap around the corner. It will be oriented with the pieces facing the play area.
- Q: Kids will be all over this. It looks like a perfect place for kids to do flips. Will kids use the equipment?  
 A: There will be signs that state the intended age group is 13+ as well as the different color palette and surface (styling) that will distinguish it from the play area. But we know kids, they will play in a Juniper bush, so it is a valid concern and we will continue to look for ways to address the issue. Each piece does have its own sign with a diagram of how to properly use the equipment. There is a link where you can also bring up a video on how to use each piece.
- Q: Our elders frequently do not speak English, would it be possible to help or show them how to use the equipment?  
 A: We have the location intentionally paired with the community center so that there is the potential for them to provide programming to give an orientation or for classes to use the equipment and show the community how to use it. The diagrams are also intended to communicate to anyone how to use without needing the written text.
- Q: Could you install a canopy over the equipment?  
 A: That is an option but it is expensive and beyond the budget for this project. It could be an addition, and it might be a good opportunity to apply for a Neighborhood Fund Grant.

<b>Van Asselt Equipment</b>	Cardio Stepper: 2	Parallel Bars: 1
<b>Preference Dot Exercise</b>	Chest/Back Press:2	Plyometrics: 2
Ab Crunch/Leg Lift: 2	Elliptical: 3	Pull Up/Dip:
Assisted Row/Push Up: 1	Hand Cycler:1	Stretch/Twist: 1

### 6/11/15 POWELL BARNETT PUBLIC MEETING

12 online surveys completed ([Powell Barnett Fitness Zone® Survey Results](#))

- Q: You said this was going to be in an area separate from the playground??  
 A: The equipment would be set in location 1 looking onto the playground, so that parents have the option to watch their kids, or that anybody in the community could use the equipment. But the equipment would be separated by a little bit of space from the walkway.
- Q: Who is going to maintain the equipment?  
 A: Parks put in a request for operations and maintenance funds in February. Part of the reason for locating the adult fitness equipment adjacent to the playground is that when the maintenance staff comes to inspect the equipment, they will also inspect the fitness equipment. Also the same vendors that produce the fitness equipment produce the play equipment, it is the same technology. So when a crew goes out they maintain both. The warrantee for the equipment is over an extended period of time. Also, the equipment that we are looking at is graffiti resistant.

Q: There is only going to be nine pieces of equipment? A line is going to form and you are going to have to wait until people get off.

A: If there is a line that forms, Parks would be ecstatic. Then we could get funding to put more equipment in.

C: I can't be in the sun, you have that directly in the sun.

A: That came up at the last meeting as well. For this we have a limited budget for the equipment and construction and canopies are fairly expensive, but it would be a really nice addition. It is something that would be good to retrofit with a small and simple Dept. of Neighborhoods Matching Fund grant. We can also look into the possibility of adding trees just to the south of the equipment, but there could be safety issues with sight lines. We also can't snug them up to the existing trees because we are installing a concrete pad that would impact their roots.

Q: What about the kids, they are going to use this equipment. Are we supposed to ask them to get off? You're not going to stop those kids.

A: There will be signs that state the intended age group is 13+ as well as the different color palette and surface (styling) that will distinguish it from the play area. It is in a park that is public space. Everybody takes part in the same social contract that we all take part in to share the public space, so there is a certain amount of self-monitoring.

Q: I heard you mention that if it was getting a lot of use, that there might possibly be an expansion of the space. How are you going to measure that?

A: We have a person counter device, but it depends on a very clear entry, which this site would likely have. It could give us enough baseline data. We are also planning to do evaluations for the Fitness Zones that includes counting to see who is using it.

R: Awesome, that's great.

Q: I understand some of the others concerns, but I am really excited about fitness equipment being accessible to the public. I am a personal trainer and I use a lot of outdoor spaces like parks, I am also a parent. Diagrams are great, but I can tell you from experience, that people are going to be confused. There are also so many more ways to use the pieces of equipment than what is shown. I am curious to know if you are going to have classes where people are going an opportunity to participate in a group. It will be great that it is there, but if people don't know how to use it, will you promote it?

A: We have talked about bring in more signs/kiosks that will provide additional information, programming, schedules, there are opportunities to show different exercises. Also these signs could outline a plan or progression. Also, having groups or outside professionals using it, will show others the different possibilities.

Q: Are people going to have to pay to use, for an outside group? That could be a source of income for Parks.

A: We have been working with the community centers, but Powell Barnett is a little unique because is it a little farther from Garfield Community Center, but we are still hoping that we can arrange classes to come over from there. We do work with the fitness groups, and we have found that it is mostly an issue of timing. We arrange for them to come at off hours, so that the public is able to access during prime times.

Q: First, I would propose that we eliminate option two altogether. And second, I would suggest that we split the equipment between the north and the south end of the park. It would address concerns about sunlight, and also for people who do not have children that want it separate from the play area. You could create a balance between active and passive. My concern with option 1 is that there are benches there that are very popular. It should be positioned so that it does not interfere with parents who are sitting there watching their children.

A: Looking at site 1, we have identified those benches, so that if we move forward with that location we would work around them. Obviously, we understand that we don't want people working out directly behind somebody sitting on a bench. The project would either shift the benches around, or shift the equipment around so that there was a nice relationship between the two. We would note eliminate the benches, and we certainly would not put equipment right at the back of them either. But that is a good point about splitting it, and providing a different type of environment. One of the efficiencies that we are seeking, because there is a limited budget, is by consolidating them, it decreases the construction costs, which allows for more pieces of equipment. Splitting them is a good idea, and could be a good way to go, and if we have the support for then it could be the direction that we take. But it would take a bit more construction cost, so that may limit a bit of what we can do, so there are trade-offs.

Q: Are you going to carve away that berm at site 1 to flatten the space? Because I believe that it was designed to be a visual and physical barrier between the park and the street. So that kids and balls do go out into the street. So my concern is that the berm stays.

A: We would not need to use the entire top of that berm. The current idea is to sculpt into the playground side of it, so it would still have its maximum height. We would cut into it. The equipment would be almost at the level of the path. So we would create a scallop.

R: I share others concerns about the benches.

A: There would definitely be finesse in balancing those two things. The feedback that we have had is that they are used a lot and in a great place. So we would respect that and working to see how we could fit the equipment around them. If we have to massage that a little by moving a bench we will do that.

R: I would not cut the berm down very much, because it serves as a sound barrier from MLK. I like the idea of two sites.

Q: I was a little disappointed to see the area near E Alder eliminated from consideration. Because that part of the park is less used now. It would need to be graded. I think that should be reconsidered. I think concern about personal safety should be considered. I think that many people prefer to be close to the street and highly visible, rather than back behind the playground hidden like at #2. Visibility is a personal safety factor.

A: Because of the slope that we have there we can't make it steeper. If we carve back into it, it would be tricky to mitigate the slope above what we do. We can examine it, but there are some difficulties with working with something that steep. And the retaining too. The likelihood that we would be required to put a guardrail at the top because of a fall hazard. It poses some challenges which is why we are looking for some more level spaces, but we can look into it.

C: I just wanted to chime in about the Alder option, that would require a significant amount of grading. I don't think that that is practical. It would eat up your whole budget. You have to put in a 9-10' retaining wall and some sort of barrier so people don't fall down. You're not going to have any money for exercise equipment. So I think you guys weighed your options really well.

That said, I think it would be a really good idea to put in a wi-fi hotspot. That would bring a lot of people to the park. Great for when you are working out, listen to whatever music you like. You could use those metal poles. Maybe if somebody doesn't want to work out they can sit on the bench and be on their computer. If you are going to spend the money on a regrade, I'd rather put the money into a wi-fi spot.

Q: There is some level ground down there by the sidewalk. Could it be strung out along the sidewalk at the base of the hill?

A: If the space is there, we will certainly look at that. The equipment will take up 1200'-1500' sq ft. If we do put them in a linear space, there could be challenges with fitting them in. We would need 6' from the path to the equipment, we would need to come out 8-10' minimum.

Q: What about safety issues, is there going to be signage that says use at your own risk?

A: The information about safety will all be capsuled on the signs. All of the equipment meets current ASTM standards for safety, by adhering to that, there is also the recreation doctrine, that states that if the equipment is installed correctly that the user uses the equipment at their own risk.

Q: Have you considered the greenspace adjacent to the wading pool?

A: It may be large enough, but the one thing that we think about there, is that site is between the plaza, the restrooms and the wading pool. It is so central between a lot of activities. We can't preclude the use of the wading pool. The thought there is that it a really busy area.

C: That area near the wading pool is far away from the playground. If I were a parent I would want to be closer, like on the berm. The wading pool should be a skate park.

C: I think it is a foregone conclusion that you could probably just build it on the wading pool, simply because of water shortage, but it has been closed for three years. We have fought with the city to get it reopened.

A: We can discuss that further with parks.

Q: There is the sun, but there is also the rain. Have you installed canopies at other fitness zones and what would the cost would be?

C: The slippery factor is a bit of concern. Are they coated with a grippy coating.

A: They are galvanized, it is not as slippery as some other finishes on metal. But all of the grips on handles would be slip resistance. As would the steps on the elliptical and step machine.

C: Does it have a spot for a water bottle?

A: Not the vendors that we have been looking at.

Q: Could you use the wading pool?

C: It is far from the playground.

C: It is not a good space.

- A: If we could bolt them down at the bottom of the wading pool it would not be a problem. I think that the idea is that Parks hopes to install a recirculation system in the wading pool so that we could open it up someday. But if we just bolted them down, then you have options. My concern with the wading pool is that it is not ADA accessible. The slopes could be problematic, and you would have to create a ramp. The other issue is the sight lines between the wading pool and the playground. If we think that a large number of users are trying to watch their kids, that could be an issue.
- C: I think you are taking something away from the kids using the wading pool. This workout place is for adults. I think they weighed out the options well, but personally, I'm more concerned about technology, hot-spots and stuff. You picked out a great place, nobody uses that space. The kids would love a skate park.
- Q: (Parks Staff) Does everybody feel that the whole Fitness Zone should be sited on the north end of the park, away from the play area entirely? People do see the benefit of having it located near the play area?
- A: Crowd response, many yes and nos. You could have a few pieces in the south end and most of it in the north end.
- Q: (Parks Staff) From a fitness perspective, is there an advantage to having it split?
- A: You could run sprints between, but from an accessibility standpoint it might not make sense.
- A: I like the idea of a zone.
- A: You could walk like a track between spaces, and in addition it would be better for people who don't have children.
- A: You could split up your workout and turn it into a circuit.
- A: I think it is a good space.
- A: (Parks Staff) We are also going to pass out a different color dot, so on the site plan, you can indicate your preferred location. That will give us a little more feedback where there is a strong desire.
- C: Please sign in if you didn't. We get credit for that. We have applied for a competitive grant from the city. And they like to know that we have strong neighborhood support.
- Q: Are these 10 pieces the only pieces that there are?
- A: These are the pieces that we are considering for this project. There are other pieces and different vendors, but these ones have been selected for the project.

**Powell Barnett Equipment**

**Preference Dot Exercise:**

Ab Crunch/Leg Lift: 4  
Assisted Row/Push Up: 10

Cardio Stepper: 7  
Chest/Back Press: 6  
Elliptical: 7  
Hand Cyler: 2

Parallel Bars: 6  
Plyometrics: 7  
Pull Up/Dip: 9  
Stretch/Twist: 10

**Site Location Dots:**

#1 - 6 full dots, 3 half dots  
#2 - 1 full, 1 half dot  
"north edge" - 4 half dots

"play lawn" 2 full, 1 half dot  
Near E Alder - 2 full

## E-MAILED FITNESS ZONES PUBLIC COMMENTS

### DELRIDGE (via e-mail)

C: Thanks for publicizing this [Delridge Fitness Zone]! I would like to put in a plug for outdoor play equipment for teens and adults as well. The 35' rope tree at the new Seattle Center children's playground is great fun, and even adults were climbing it during the Northwest Folklife Festival, including me (and my kids). Let me know if there are avenues for others and me to provide this kind of input to Parks in our roles as City residents.

### HIAWATHA (via e-mail)

Q: Before installation, we believe it would be beneficial to survey the neighborhood to determine if the Fitness Zone would get enough use to justify the cost of installation and maintenance.

A: Trust for Public Land conducted an intensive analysis of the City of Seattle and the need for fitness opportunities. Locations in close proximity of Community Centers were important in order to take advantage of programming opportunities. We have received a lot of enthusiastic support to date.

Q: We have a high concern for vandalism of the equipment. The park is used by a variety of people during the day, but we have seen a lot of vandalism to trash cans, park benches and landscaping that appears to take place in the evenings/nights. On the 4th of July, trash cans are often the target of firecracker explosions. We want to ensure that if the equipment is damaged it will be repaired and replaced ASAP so it does not become an eyesore.

A: The fitness zones are planned to be located in close proximity to play areas, in part so that caregivers can work out while watching children; but, also to consolidate "like" maintenance issues. The same crew that services the play area will service their fitness equipment on their regular rounds.

Q: We are concerned that there may not be funding set aside to ensure the equipment is properly and frequently maintained.

A: The equipment has been carefully researched to select products that require the least amount of maintenance. The equipment will be grouped rather than spread out for easy access and maintenance. The equipment will be located in close proximity to play areas to leverage the play area maintenance crew, and the maintenance costs are being assessed and will be allotted for. Funds have specifically been allocated for the maintenance of the equipment to be installed.

Q: We would like to know where in the park the installation is planned to be installed.

A: The location of the equipment in the park will be in close proximity to the play area; but, will be determined in the public meeting with the help of the community.

### POWELL BARNETT (via e-mail)

Q: [Fitness Zones are a] good idea. I live just over the hill from Powell Barnett, if I can I'll be at the meeting on the 11th. Exercise is good. More exercise is better. I'll be interested in the details of the proposals, funding, maintenance, scope, indoor vs outdoor, etc. Is there anything with more detail in it than the postcard or the web page with little on it? Is this fully funded yet, or is this just a proposal?

A: This project is currently funded, however, our project partners including The Trust for Public Land, The Seattle Parks Foundation, MOMentum and the Leschi Community Council are actively fundraising to ensure that each of the sites has a full complement of equipment. The partners are paying half of the cost and Seattle Parks and Recreation is paying the other half. You might be interested in the survey that we have made available to the public which includes some additional information than the postcard and website.

- C: Very excited about the Powell Barnett project! I live directly across the street. I'm currently working as a fitness/ wellness coach for the YMCA and enhance fitness UW. If there is anything I could help with prior to the June 11th meeting let me know. Thanks for working on this great project.
- C: I very much look forward to being part of this [Fitness Zones] for both personal and professional reasons. As a personal trainer who uses outdoor spaces daily to train and work with people of all fitness levels, this very much excites me. Powell Barnett is also near my home and is a place my daughter and I have spent a lot of time over the years. I plan to be at the June 11th public meeting. Please let me know how else I can be involved.

Q: Today I received in the mail a notice for the upcoming meeting in June 11th regarding the Powell Barnett Park Fitness Zone Area. I regret that I will be unable to attend, so I am writing to express my views on the matter because fitness is a passion and concern of mine. Forgive me if I am mistaken, but my response below is based on the photo on this notice I got in the mail. I am encouraged that persons such as yourself are making fitness a priority, because there is little better that can be done to strengthen a community than to have healthy people with the positive mental attitude that follows a good workout taking that attitude with them into all the other areas of life.

That having been said, I am somewhat dismayed that the equipment appears to be little more than weather-proofed elliptical trainers... nobody I know that takes fitness seriously, I mean, functional fitness with measurable progress, spends any time on elliptical trainers. True, it is better than nothing, but then, they could get the same net benefit, if not more, from walking laps at the high school track, so why is the parks foundation soliciting donations, presumably, to install these elliptical machines?

I don't want to focus on negatives, so let's look at what type of equipment will facilitate healthy developing bodies... Again, pullup bars of varying height, ... normal pull ups and horizontal pullups are essential to balancing the muscles of the upper torso to encourage good posture, having strong upper back muscles will pull the shoulders back into their sockets when lifting objects overhead and protect the joint from injury.

Lastly, as another example of what I believe should exist in every public park is [pull up and parallel bars] ... a failure to include pull up bars and parallel bars at a public park is truly a public disservice. Can we at least do the work to say that nobody who needed a pull up bar for their workout went without?

C: I would like to voice my concern about this plan [for Fitness Zones at Powell Barnett Park]. I am a lifelong resident of the Central Area and I feel that the community has made this park what it should be and a Fitness Zone area is not it. It is a place where young boys can play basketball. It is a place where former central area residents that attend the churches located in the Central Area can have their annual picnics. It is a family oriented park, not a fitness park. I say "if it not broken it does not need to be fixed". I understand that fitness is important and that everyone can benefit from it. However, this park is not suitable for what you want to add to it. That would mean taking away the space where families gather to celebrate birthdays for their young children. It is one thing that the City took away the wading pool that children from economically challenged families could come and play and splash in on hot summer days, now you want to take away the space where those same families enjoy outings. Find another place for your Fitness Zone and leave well enough alone.

R: Your comment is greatly appreciated and will be included in the public comment sheet. The fitness zone should not infringe upon other uses in the park like basketball and picnicking.

C: This is wonderful!  
I am so pleased to see the new work out stations!!! There are many community members who may not be able to have reliable transportation, Gym entry and or monthly maintenance fees available to them, or the social skills to work out in a Gym surrounded by others. This is perfect! They can work out on their way home or once they leave their home in their local community with each self explanatory equipment. I only had 2 concerns

Will there be disinfectant disposable wipes to use to clean the bars after each use?

Will community center members need to use a sign out sheet or some type of release to use the equipment.

I am just concerned about the liability if someone were to overdo themselves and get hurt what is our liability?

Will there be a staffed employee monitoring the area during community center hours?

Will the area stay locked during non center hours?

R: Thank you for your feedback and questions!  
Parks is not planning to provide disposable wipes. Other installations of adult exercise equipment do not typically include these.

There will be no sign up sheets or releases to use the equipment. There will be a sign attached to each piece of equipment that explains how to use it appropriately including detailed diagrams. There will also be a link to a video on how to use each piece. The sign will also specify that the equipment is for ages 13 and up. All equipment will meet current ASTM standards for adult fitness equipment, and the Recreation Doctrine states that if the equipment is installed correctly and in good condition that people use the equipment at their own risk. We intend to locate the equipment near playground equipment for several reasons, including easy inspection of the equipment when Parks staff inspects playground equipment. Maintenance budget has been allocated for the Fitness Zones.

Parks plans to have community center staff coordinate programming at the fitness zones, including classes. And in most cases community center staff will be able to keep an eye on the equipment during business hours. (unfortunately Garfield Community Center is too far from Powell Barnett Park to keep an eye on) However, at Hiawatha, Van Asselt and Delridge the community centers are directly next to the fitness zones.

The equipment will not be locked and will be free and open to the public for use during standard park hours.

### GENERAL/OTHER SITES (via e-mail)

- Q: Whether or not it's feasible for a "fitness zone," I am passionate about seeing **Cal Anderson Park** installed with at least two basic pieces of equipment: 1. Pull up bars 2. Parallel bars  
Can you describe to me what the process is for making this a reality?
- Q: I'm a resident of the maple leaf neighborhood and interested in civic involvement all over the city. I've often thought that the new and very great **Maple Leaf Reservoir park** would benefit from some outdoor fitness equipment. There is a children's play area but the majority of the new lid is empty. How can I get involved in the fitness zone program to bring equipment to our park? Can I apply for any neighborhood grants?
- Q: Thank you for taking the time to speak with me regarding my desire to see installation of pull up and dip stations at **West Seattle Track and Jefferson Park**. I believe the benefits of having outdoor workout stations in both locations would be great. Jefferson Park has a wonderful play area for kids and having the stations close by would be beneficial for parents interested in using them while their kids are at play. I believe it would also model well for kids to see two great strength exercises being executed.

Many professionals in sports training would agree that pull ups are considered one of the very best indicators of strength to body weight ratio. Dips also have many great attributes. In addition, in speaking with several of the firemen at Station 13 they showed great interest in having the pull up bar and dip station close to them. I believe there is a perfect patch of grass that would fill this need. The West Seattle location is already a great facility for the community. I believe there are multiple spots that could work for these two stations. I believe it would greatly enhance the work out possibilities for people already using the track.

- A: Applying for a neighborhood matching fund grant is a great idea. I would start by taking an informal survey in your neighborhood to gain some advocacy. I have cc'd our department's liaison for the NMF program. We want to assist you in any way we can. There may also be grant opportunities associated with health and fitness so I have also cc'd our grants coordinator. I can help with budget numbers when you need them. Call me any time!