



Please Paddle Parks

Sunfish Lake, Ramsey, MN

1: Promoting Pleasant Park Paddling

2: Mark Riverblood, Parks Supervisor. mriverblood@ci.ramsey.mn.us Phone: 763 238 1733

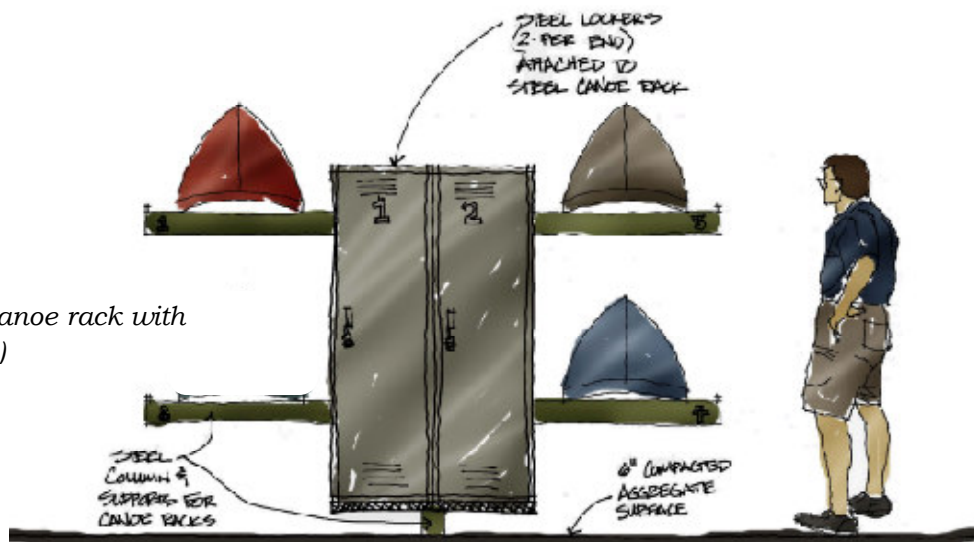
3: The Land of 10,000 Lakes includes 92,000 miles of streams, with all of the most prominent water bodies in Minnesota touched by state, county, and municipal park and trail systems. And indeed, the oldest trails in what is now Minnesota were vital water routes used by indigenous peoples for millennia – followed later by Europeans leading us into the nineteenth century, and then beyond to the technological age.

This project, Promoting Pleasant Park Paddling, bridges the span of time from the oldest mode of human travel to the present - combining ancient technology with the ultra-modern; to promote healthy recreation in a society where time, convenience and cost efficiency are our most precious commodities or concerns. One of the costs we bear with overscheduled lives is not making enough time for outdoor pursuits and physical activity. The Minnesota Recreation and Park Foundation has an opportunity to address this by investing in the health of its constituents with the Sunfish Lake Park canoe and kayak ‘self serve’ system, as a model for future replication.

As part of Ramsey's 2009 Sunfish Lake Park development, a four-place canoe rack with lockers was installed in the park. The desire is to provide life vests and paddles in the lockers with the boats fastened on the racks with cable – all of which would be integrated into a sophisticated security and access system.

Any person may travel to Ramsey's Municipal Center one time, to get a FREE 'swipe card' which will unlock the locker, and respective vessel of their choosing. The notion is that there are a great number of park patrons visiting the park or using the adjoining trails that may desire a short float or paddle on a sunny day, but would seldom budget the time or ordeal to bring a canoe from home. Plus, some persons may not be in the financial position to spend \$1,000 or more for a canoe package; especially for an activity they may not be at all familiar with. Still others like townhome or apartment dwellers simply may not have the space for a 17' foot long watercraft.

(Shown is the existing canoe rack with lockers: \$4,145 in 2009)



In addition to using a kayak or canoe on a 'whim', some patrons may wish to utilize a pair of the craft for a family trip down the Wild and Scenic Rum or Mississippi Rivers, as the only stipulation for signing up for the pass cards (along with assurances that they wear life jackets), is that the boats may only be used during daylight hours, and returned the same day.

4: Regular physical activity increases longevity, improves muscle strength and aerobic capacity, helps children and adults maintain a healthy weight, decreases the risk of developing obesity and related chronic diseases, and improves mental health well-being. Yet, nearly 1 out of every 5 (18%) Anoka County adults participate in no leisure-time physical activity each month. The trends among youth paint a similar picture; less than half (46%) of children ages 12 and older engage in regular moderate physical activity.

Clearly there is community need for easy access to opportunities that encourage physical activity. And indeed, there is community support for this project; as evidenced by the public comment period during the park's design development process, wherein residents explicitly requested water access *and* opportunities for non-organized recreation.

5: An allocation of \$2,000 for the Promoting Pleasant Park Paddling pilot project will fund the majority of the labor and programming for the \$7,526 dollar self serve canoe delivery system. Specifically, this includes, four card readers installed on the four existing lockers, master controller with power supply, NEMA enclosures, magnetic door locks with jaws, timer, relays, outdoor siren with strobe, armored pull-apart cables, installation, wiring, training and software for laptop as itemized below.



Sunfish Lake Park
Ramsey MN 55303
 Mark Riverblood
Phone: Cell Fax

Proposal Date: 11/14/2009

System to Include: Install four card readers on four outdoor lockers at the City Canoe Rack. Provide Controller, power supply, NEMA 4 Enclosures, magnetic locks with jaws, timer, relays, outdoor siren with strobe, armored pull-apart cables, simple low voltage heater kit, installation, wiring, training.

SPECIAL LABOR		-
Labor	Basic Training	1
Labor	Basic Programming	1
KERI CONTROL PANEL & ACCESSORIES:		-
N4201606	Wiegmann NEMA 4 Enclosure 20" x 16" x 6"	1
NP2016	Wiegmann Sub-Panel	1
NXT-KIT4	Keri NetXtreme Controller, Software, Readers	1
RHC060804	Wiegmann NEMA 3R Enclosure 8" x 6" x 4"	1
N1P0608	Wiegmann Sub-Panel	1
6062	Altronix Relay	1
RB1224	Altronix Relay	2
PT724A	Altronix Timer	1
4704	GRI Pull Apart Contacts with armored cable (either 10' or 18')	4
1980-25	Protective Tubing	3
SSX-51SC	Potter Siren with Strobe	1
Misc Mast Parts	Parts and Fittings	1
STI-6580	STI Heater Kit	1
POWER SUPPLY:		-
AL400UL	Altronix Power Supply, 4amp @ 12vdc	1
PD8CB	Altronix Power Distribution Module - 8 Individual Circuits	1
LOCK HARDWARE		-
MM15	Securtron Magnetic Lock	4
DC	Door Contact	4
BATTERIES:		-
Batt18	18 AH Back-up Battery	1
MISCELLANEOUS EXPENDABLES:		-
22/6 CL2P STR SHLD	22/6 CL2P Stranded Shielded Plenum Wire (Readers)	75
18/6 CL2P STR SHLD	18/6 CL2P Stranded Shielded Plenum Wire (Readers)	75
1"PVC	1" PVC Electrical Conduit 10' (between office & mechanical)	3

Materials	\$	5,207.55
Labor	\$	2,318.20
Other	\$	-

Notes: **Sub Total \$ 7,525.75**

- 1) Customer provides 110V outlet in ISS provided enclosure at canoe rack
- 2) The ISS metal enclosures will be mounted on the inside of the 6" x 6" metal upright posts **Total of Proposal \$ 7,525.75**
- 3) Card Readers and electronic locks would be installed on each of the lockers individually for access
- 4) Any and all instructional signage, etc will be provided by the City
- 5) Customer provides a laptop for programming cards at the site (does not have to be a dedicated computer)
- 6) Customer provides padlocks
- 7) See separate narrative for operation details and features.
- 8) Customer responsible for all custom metal fabrication, etc. for pull-apart paddle lock integration

6: The start-up budget for this pilot program is as follows, (minimal staff time for O & M is not shown):

<u>MN Recreation and Park Foundation</u>	~Labor and programming	\$2,000
<u>City of Ramsey Park Trust Fund</u>		
	~ Balance of labor and materials	\$5,526
	~ 2 Canoes and 2 kayaks, assorted length paddles, life jackets, and 4 secchi discs	\$4,450
	~ Electrical permits and supply	\$325
	Total	\$12,301

(Existing \$4,145 canoe rack with lockers not included in the start-up budget, but is reported in the local match percentage in Section #9.)

7: There is great likelihood that this program will be replicated due to the prevalence of water resources in our state, and residents’ appreciation for getting ‘on the water.’ The feasibility will be demonstrated by the proven function of the system, and by the effective presentation of the findings at a MRPA Natural Resource or Annual conference.

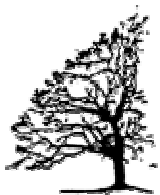
Further, the Anoka Ramsey Community College is utilizing Sunfish Lake as an outdoor environmental classroom – this project then, is also an example of connecting publicly supported institutions in a mutually beneficial manner that demonstrates financial synergy. That is, the college may not have the benefit of lake access without this MRPA contribution. Additional academic/agency partnerships may result based upon this model.

Plus, the Foundation and MRPA will ‘own’ the plans and specifications for the entire self-serve canoe system for its dissemination on the ‘Best Practices’ web site.

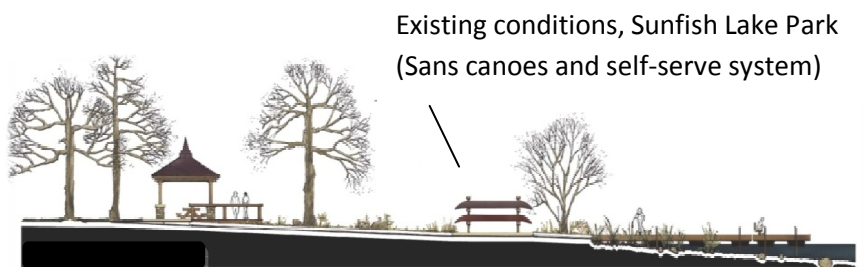
8: The efficacy of this program can easily be evaluated as the computer program will track all usage. A season-end report may be generated that shows the demographic (allowing other park systems to target this system where it may be best appreciated), as well as frequency of use, and also the number of repeat paddling park patrons.

These numbers will also be able to accurately depict the return on investment simply by calculating numbers of users in comparison to system cost. For example, if there were *only* 200 uses per season, at an average 2 hours each; and this was extrapolated over 20 years, that would equate to 8,000 hours of healthy enjoyment. At a \$12,301 system cost, this would be the equivalent of the provision of high quality, easy access recreation at \$1.54 per hour (8,000 hrs divided by Section #6 program cost).

9: Foundation funding for this \$16,446 project (with canoe rack) would result in an 88% local match to introduce this concept to the professional park and recreation community.



**Minnesota Recreation
and Park Foundation**



Existing conditions, Sunfish Lake Park
(Sans canoes and self-serve system)