

Honorable members of the Board:

I apologize that I could not be at this meeting, but I had to return to school several days ago.

My original purpose or goal was to find out if the County could support the building of outdoor exercise equipment to enhance the fitness experience of both residents and visitors to Los Alamos. After bringing up the topic at the last Parks and Recreation Board meeting, I met with Chris Wilson to discuss the subject further. We talked about the installation of circuit training equipment on an existing Los Alamos trail. My original suggestions included pullup bars, monkey bars, dip bars, and a climbing rope.

I believe the installation of such equipment would enhance the physical fitness and health of many citizens. At this point, there is no similar equipment outside of a paid gym membership. There are currently several fitness stations on the Los Alamos Mesa trail that runs from East Park to the airport, but these are better suited for senior citizens with bars for 'standing pushups' and a short 'step-up,' and simply are not adequate for the majority of fitness-seeking residents.

Circuit training assets such as those named would also be highly beneficial to anyone who is training for military service, to become a firefighter or police officer, and other occupations of that nature. This being said, I would like to reaffirm that many outside of that category would find such equipment useful.

I worked out with a group of people this summer that participate in obstacle course races. While they are in support of this initiative, most are unfortunately traveling or have other obligations right now. I've listed those that specifically asked me to mention their support on a separate sheet.

I would like to thank the Parks and Recreation Board and Chris Wilson for their time and consideration, and Ashley Middleton for stepping up to read my comments.

Alex Kirkland, 39 Los Arboles Dr.

Citizens in support of outdoor fitness equipment in Los Alamos

- Kayti Herring, 3296 B Walnut
- Shannan Schnedler, 3082 Woodland
- Darren Schnedler, 3082 Woodland
- Jordan Garcia, 2288 38th St.
- Heather Garcia, 2288 38th St.
- Leah Frazier, 448 Cheryl Ave
- Marion Dubeau, El Rancho – commuter to Los Alamos (NM Consortium)
- Ashley Middleton, 117 Alhambra Dr.
- Samantha D'Anna, 3412 Urban St.
- Cathy Crane, 39 Los Arboles Dr.
- Joe D'Anna, 39 Los Arboles Dr.