

UPDATE: Friends of Royal Lake Meet With FCPA Staff To Plan Exercise Equipment for Royal Lake — By Friends of Royal Lake

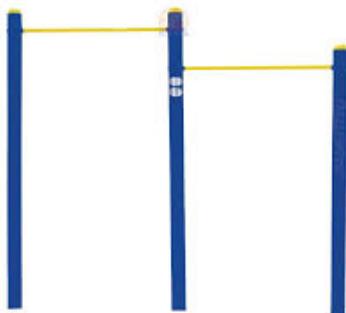
Substantial progress was made 22 October when Friends of Royal Lake (FORL) met with Fairfax County Park Authority (FCPA) staff to discuss their Adult Fitness Study. Further, questions surrounding compliance with the Chesapeake Bay Act and the Americans With Disabilities Act were addressed. FORL is now updating equipment selection, location, schedules, and cost estimates.

The original equipment, much of it now broken and removed, dates to 1979, when Wells Fargo teamed up with the President's Council on Physical Fitness and others to provide exercise equipment to communities and parks like Royal Lake.



However, the Park Authority was never funded to maintain the equipment nor does it have general obligation funds to replace the outdoor fitness stations. Consequently, funding requirements will need to be filled by voluntary contributions.

FORL has identified an 12 piece equipment layout costing \$21K - \$24K which includes chin up bars, a parallel bar, pushups bars, and sit-ups stations to name a few (includes installation). The equipment can be used by both sexes, different age groups, and supports both the county's Healthy Fairfax and Aging In Place program for seniors. As proposed, the equipment will be dispersed in four locations along the trail ranging from Lakepointe, west approaching the boat ramp, and a new location by the basketball/ tennis courts. The layout purposefully includes low profile body weight exercise stations, multiple locations and equipment redundancy to accommodate user egress, and dispersal to support a circuit type exercise program. The equipment manufacturer and type is identical to Katie's Playground. The metal stations will be dark green and/or brown to blend in.



FORL has already approached several communities surrounding Royal Lake that may have an interest in supporting the effort including: Chatham Towne, Briarwood, Glen Cove Community Assn, Glen Cove Homeowners Assn, Hillsdale Townhomes, Kings Park



West, LakePointe Townhomes, New Lakepointe Townhomes, Mayfield Terrace, Rolling Woods Estates, The Reserve at Martins Point, and Village Park.

Several of those communities have stepped forward to provide voluntary contributions including Chatham Towne, Kings Park West, LakePointe Townhomes, and Village Park.

Because many of the above communities have covenants restricting spending funds outside of homeowner association property, FORL now finds it necessary to appeal directly to those HOA residents for individual contributions. They include: Briarwood, Glen Cove Community Assn, Glen Cove Homeowners Assn, Hillsdale Townhomes, New Lakepointe Townhomes, Mayfield Terrace, and The Reserve at Martins Point.

FORL anticipates a contribution campaign through 31 January 2016. At that point, FORL will review funds collected and work with the Park Authority to finalize the equipment list. FORL anticipates the approval of the final list and Mastenbrook Grant application will occur sometime in mid-March, the equipment will be ordered in late March, delivered in late April and installed in May - June.

All contributions are tax deductible and will be matched 100% (up to \$20K) by FCPA's Mastenbrook grant program, so it is essential that FORL raise \$12K in order to receive the matching \$12K.

Send tax-deductible contributions to:
Fairfax County Park Foundation
12055 Government Center Parkway, Suite 404
Fairfax, VA 22035

** Memo line must include "Royal Lake Exercise Equipment"

In an effort to help reduce project costs, FORL will be removing the existing exercise stations and needs volunteers for that effort. This project has a finite commitment, circa Summer 2016. So please help your community and volunteer for a few months to see this to fruition. If you have questions, please email friendsofroyallake@gmail.com.