

Greg Walker  
734 N Main Street  
Fort Bragg Ca 95437

October 18, 2024

City of Fort Bragg  
Community Development Community  
416 N Franklin Street  
Fort Bragg Ca 95437

Dear Community and Development Community,

I am writing in support of the Par Course Equipment on the Coastal Trail. This would be a great addition to our Coastal Trail and encourage outdoor activity. It would be used and appreciated by many.

  
Greg Walker

**Fwd: Coastal trail outdoor workout equipment**

---

**From** Norvell, Bernie <bnorvell2@fortbragg.com>

**Date** Sat 10/19/2024 11:36 AM

**To** Flynn, Maria <MFlynn@fortbragg.com>; Sanchez, Diana <Dsanchez@fortbragg.com>

Bernie Norvell  
Mayor City of Fort Bragg

Begin forwarded message:

**From:** G D <zaysdad21@icloud.com>

**Date:** October 19, 2024 at 11:29:23 AM PDT

**To:** "Norvell, Bernie" <bnorvell2@fortbragg.com>

**Subject: Coastal trail outdoor workout equipment**

To whom it may concern,

In regards to installing a par course on the noyo headlands, I believe it would be a wonderful thing for residents & tourists alike.

You can find these stations from San Fransisco all the way down to Venice.

It provides increased accessibility, community engagement, mental & physical health benefits, there family friendly & are convenient.

It would give the youth something to do to stay active, would help those who cannot afford a gym membership & can help others engage in social interaction.

Location would certainly be considered along with obtaining the right equipment selection to help with maintenance, graffiti, etc.

Let's turn this idea into reality for our community!

Thank you for your time

Sincerely

FOGLINE

Sent from my iPhone

---

**public comments about item 3a, 24-708, installing outdoor exercise equipment**

---

**From** Annemarie <aweibel@mcn.org>

**Date** Thu 10/24/2024 12:45 PM

**To** cdd <cdd@fortbragg.com>

To CDC,

I just received the notice about this Special Meeting. As much as I am in favor of installing outdoor exercise equipment in 3 or 4 locations along the Coastal Trail I am dismayed that the public is only given 1 day to check out these locations and have input. I am aware that this is only a preliminary plan, and that the issue will also be discussed by the City Council, but that is still not giving the public time to look into this. Why is the public not given more time to weigh in? Why is this so crucial that a last minute Special Meeting has to be scheduled?

As this is in the Coastal Zone, in a highly scenic area is there no need for a Coastal Development Permit, a MND?

The agenda lists different companies and also different exercise equipment. I am glad that the CDC is conscious about the visual resources and wants to select 3 or 4 locations; neutral, and natural tones; and stick to wood and stainless steel.

What materials will be used under these structures?

It is not clear to me what is meant by neutral and natural tones. Much of the equipment illustrated is painted in greens and blues. I believe these colors should not be used next to the blue/green ocean, the blue sky, and the green grass. We do not want to compete with nature.

As an extreme I want to bring to your attention the color of the Pudding Creek Bridge railing that got painted red/purple as if it is so important. Using this color gives the impression that this bridge's railing is more important than the ocean in the background and the beautiful timber trestle bridge.

I would hope that no decision is made at this Special Meeting considering that people do not have enough time to look into this issue.

Sincerely, Annemarie Weibel

**public comments about item 3a, 24-708, installing outdoor exercise equipment**

---

**From** Annemarie <aweibel@mcn.org>

**Date** Thu 10/24/2024 9:19 PM

**To** cdd <cdd@fortbragg.com>

To CDC,

Looking into what several companies offer in regards to outdoor exercise equipment I noticed that the Action Fit Multi Gym set for example is designed for 13 year olds or older people. Also the Kor Kat equipment that would offer various pieces of equipment is designed for 12 year olds and older people. How will that be monitored? Would there also be illustrated panels that indicate for what ages these outdoor exercise equipment are designed for and indicating that people would use them at their own risk.

I picture that younger children while parents are busy making sure they have everything they need and want from their car will run over to the exercise equipment and try out these fun looking pieces of equipment.

There should maybe be one area that has outdoor exercise equipment that is safe for younger children to use with equipment that is close to the ground so they would not get hurt if they tumble.

How will the city be insured for this?

Locally, senior housing at the "Woods" has some outdoor exercise equipment in the back of their swimming pool.

Sincerely, Annemarie Weibel

---

**Fwd: Letter**

---

**From** Norvell, Bernie <bnorvell2@fortbragg.com>

**Date** Fri 10/25/2024 7:27 AM

**To** Flynn, Maria <MFlynn@fortbragg.com>

Bernie Norvell  
Mayor City of Fort Bragg

Begin forwarded message:

**From:** Dr Richard Louis Miller <drrichardlmiller@gmail.com>

**Date:** October 25, 2024 at 7:26:48 AM PDT

**To:** "Norvell, Bernie" <bnorvell2@fortbragg.com>

**Subject: Letter**

Dear CC Members I am writing in support of the outdoor exercise facilities that is bringing proposed for our city. Our country, and thus our coastal community, has been suffering mightily as a consequence of the pandemic. Our good citizens are suffering from anxiety, depression overweight and obesity. Any, and all, additional exercise facilities will get the concept of health and exercise into the public consciousness. Therefore, over time, more and more people will use the exercise facilities and they will become social gathering places. Exercise is a proven treatment for anxiety, depression and overweight. I lend my 64 years of clinical experience in support of the proposed exercise facilities. Respectfully, Dr Richard Louis Miller

Dr Richard Louis Miller  
Clinical Psychology  
Host, Mind Body Health & Politics  
Founding Advisor, Modern Family Institute  
Senior Advisor, Changa Institute  
Senior Advisor, Alexander Shulgin Research Institute