



Inspire and advance policy, environmental and lifestyle changes that promote health through the prevention and reduction of obesity

LiveWell Wheat Ridge (LWWR) is proud to issue its second edition of the LiveWell Wheat Ridge Coalition Newsletter. This newsletter provides updates on community events, capacity-building opportunities and updates from our Leadership Committee and our task forces.

LWWR Coalition

Leadership Committee Update

The LWWR Leadership Committee continues to meet monthly to develop the LWWR Sustainability Plan. Facilitated by Nonprofit Impact, this process identifies key resources, functions, staffing and coalition needs related to the long-term sustainability of the LWWR movement. The Sustainability Plan will be completed in the first quarter of 2011. For more information about the Leadership Committee and/or the Sustainability Plan, please contact Molly Hanson at mhanson@jeffco.us. LWWR staff extends our deepest appreciation to all our Leadership Committee members for their hard work on this very important process.



Staff Update

LiveWell Wheat Ridge is excited to welcome Ted Heyd, Planning and Technical Consultant, to the team. Ted replaces Bill Mahar who took a similar position with Tri-County Health Department. Ted has a Master's degree in Urban and Regional Planning and 10 years of professional experience in environmental and land use planning. He has worked on mixed-use, transit-oriented development proposals, community-based transportation plans, park master plans, and highway, roadway, and transit system improvements. Ted initially joined LWWR in May as the volunteer Co-Chair of the Active Community Environments Task Force.

Ted can be reached at tedheyd@gmail.com. Welcome Ted!

Key Progress Updates

Phase 3 of Bicycle / Pedestrian Master Plan Underway

Exciting progress continues to be made on the City's Bicycle / Pedestrian Master Plan. As a reminder, Phase 2 of the Plan was adopted by City Council in August 2010. Through an additional grant from LiveWell Wheat Ridge, the City's Public Works Department has embarked on Phase 3. This phase will determine cost estimates and develop pre-design plans for three priority routes identified in Phase 2. The routes include:

- i. Pierce Street – between 26th & 44th Avenues.
- ii. 32nd Avenue – between Sheridan & Wadsworth Boulevards.
- iii. 32nd Avenue – between Wadsworth Boulevard & Kipling Street.

Key Progress Updates cont'd

Phase 3 will be completed in November 2010. Following a review of the report, City staff will determine whether to pursue funding to make all or some of the improvements. If implemented, the improvements would provide 4.5 miles of new bike lanes on Wheat Ridge streets, thereby notably improving access and mobility for bicyclists and pedestrians throughout the City. The work completed under Phase 3 could also position the City to be more competitive for state and federal funds for multi-modal improvements in 2011 and beyond.



38th Avenue Corridor Plan Project

During the City's Comprehensive Plan Update process in 2009, the community identified the section of West 38th Avenue between Wadsworth and Sheridan as a focus area for "long-term infill and redevelopment, reinvestment, and high quality urban design and landscaping." ¹ Consistent with the community's vision, the City will launch the 38th Avenue Corridor Plan Project. The purpose of the project is to develop a unique and achievable vision for the corridor's future that builds off of its existing assets and captures its potential to support a wide range of shopping and living opportunities, a vibrant economic sector, multi-modal transportation improvements, and a unique sense of place.

A key component of the project is three community-wide input sessions, which have been funded through a grant from LWWR. These sessions will allow Wheat Ridge community members, business owners, and other stakeholders to share their input on what this section of the corridor means to them, how it functions today, and what it could be in the future. For more information, contact Ted Heyd at tedheyd@gmail.com.

City Council Unanimously Adopts Mixed-Use Zoning (MUZ) Ordinance

Making an important statement about future development in the City of Wheat Ridge, City Council unanimously adopted the MUZ Ordinance on September 13, 2010. The ordinance applies to a combination of five commercial corridors and centers where the City anticipates future redevelopment to most likely occur, including the following:

- Wadsworth Boulevard
- Kipling Street
- West 38th Avenue (between Sheridan and Wadsworth)
- West 44th Avenue (between Sheridan and Wadsworth and west of Kipling)
- Ward Road Commuter Rail Station Transit-Oriented Development (TOD)



The ordinance permits a variety of uses within a development, such as housing, office, and retail, and streamlines the review process for mixed-use proposals. Numerous case studies in the Denver metro area and throughout the State demonstrate that mixed-use projects can simultaneously foster economic development and community health. The co-location of housing, businesses, and retail within relatively dense, well-connected environments can trigger an increase in walking and biking coupled with a reduction in short distance car trips, particularly those of less than a mile. Many case studies reveal that mixed-use development is generating a successful synergy between uses where residents, workers, and visitors contribute to economic vitality and, in turn, enjoy a dynamic environment where they can shop, eat, walk, bike, and interact with neighbors.

1. Envision Wheat Ridge Comprehensive Plan, 2009, Page 22.

Wheat Ridge Featured as Part of LiveWell Colorado Blue Print Release

On October 28, LiveWell Colorado released the Built Environment Policy Blue Print. The Blue Print examines how the built environment may affect health outcomes throughout Colorado, and what communities are doing to increase opportunities for healthy eating and active living (HEAL). The Blueprint provides information for several audiences, presenting varied levels of experience and understanding, in support of efforts related to land use and community planning for, and/or redevelopment of, Colorado's built environment. The Blueprint also examines long-term impacts and overall strategies, as well as specific, hands-on approaches, processes, and models.

As part of the Blue Print's release, CBS Channel 4 ran a story on LiveWell Colorado called "Colorado Communities Becoming Walkable." Highlighting the efforts of LWWR, Channel 4 interviewed Program Coordinator, Molly Hanson. The interview focused on the 38th Avenue Corridor Plan Project to showcase how the City and LWWR are integrating the principles of HEAL into an exciting urban planning project. The story and a video of the interview can be viewed here: <http://cbs4denver.com/health/walkable.communty.report.2.1985230.html>. A related news article will also be featured in the Denver Post later this month.

Grant Won for Wadsworth Multi-Use Trail

Multi-modal access to City Hall will take a valuable step forward in 2011. Using a federal grant, which will be supplemented by additional funds from the City, the City plans to construct a ½ mile multi-use path along Wadsworth. The paved path will be 10-feet wide and will extend from 26th Avenue to 32nd Avenue. At the existing signal at 29th Avenue, the path will cross Wadsworth, run north on the side of the Crown Hill Cemetery, then adjoin an existing multi-use path on the south side of 32nd Avenue. The City's Project Supervisor, Mark Westberg, said "This has been on the city's radar for a while to provide better access to City Hall to non-car customers. We don't have any good north-south connections in this part of town." The Wadsworth path, he said, "will have a detached sidewalk with access to City Hall." The completion date for this project will be summer/fall 2011.

Task Force News

In an ongoing effort to raise awareness about LWWR among community members, promote their initiatives, and cultivate long-term advocates, the Active Community Environments (ACE) and Access to Fresh Fruits and Vegetables (AFFV) task forces have been busy with outreach and advocacy.

Wheat Ridge Carnation Festival

Members of both task forces were present at the City's 41st annual Carnation Festival on August 20 and 21st. Offering illustrative display boards, interactive games, and a HEAL trivia quiz, task force members welcomed the chance to chat with dozens of community members, several of whom signed up for task force participation and the quarterly e-newsletter. Overall, community members expressed a high level of support and interest for LWWR's objectives and active initiatives. It was a valuable opportunity for task force members to hear from people on how and why they do or don't encompass HEAL in their daily lives.



As part of its successful outreach efforts, LWWR staff and volunteers warmly welcomed community members at the 41st annual Carnation Festival.



Students, parents, and faculty at Prospect Valley and Pennington Elementary Schools enthusiastically participated in the 2010 International Walk to School Day

International Walk to School Day

Joining hundreds of other schools around Colorado, Prospect Valley and Pennington Elementary Schools in Wheat Ridge, participated in this important event on October 6, 2010 to promote increased walking (and biking) to school. LWWR staff Molly Hanson and Ted Heyd participated at Prospect Valley and Pennington Elementary, respectively. Both were very impressed with the level of student and parent participation and the enthusiasm shown by faculty members. At each school, approximately half the student body walked and biked to school. This level of involvement raises awareness among students, parents, and faculty about the benefits of getting to school on foot or bike. The hope is that more students will be inspired to walk or bike to school on a more regular

basis as a result of their participation. A special thanks to Representative Sue Schafer and City Council members Tracy Langworthy and Karen Adams for their participation in the event.



Farmers 5000 (5K Road Race)

Making the most of a beautiful September morning, hundreds of Wheat Ridge residents took part in this year's Farm-

ers 5000 (5K) race, which started and ended at the Wheat Ridge High School. Ted Heyd of LWWR greeted both racers and spectators at an informational table on exhibitors' row. Ted chatted with approximately 25 Wheat Ridge residents who expressed strong support for our long-term goals and current initiatives. Many visitors signed up for task force participation and the quarterly e-newsletter.

AFFV Healthy Food Survey

The AFFV Task Force has released a Healthy Foods Assessment Survey to better understand the eating and growing habits of individuals who live, eat, recreate, work or go to school in Wheat Ridge. The survey gathers important information on where community members obtain their fruits and vegetables, their growing needs and barriers related to both. The responses will better help us understand the needs and practices of Wheat Ridge related to healthy food consumption.

Additionally, LWWR, the Jefferson Conservation District, and CREA Results worked very hard to ensure our diverse residents and community partners had access to the survey. We employed bilingual health promoters and older adults to help individuals in Wheat Ridge fill out paper surveys in English or Spanish. To view results of the Healthy Food Survey, please contact Molly Hanson at mhanson@jeffco.us. The final report will be made available in January 2011.

The City of Wheat Ridge Wins Fourth Place in Relay Marathon and Donates Funds to LiveWell Wheat Ridge

Staff from the City Wheat Ridge, and Wheat Ridge community residents, laced up their running shoes and took fourth place in the municipal relay category of this year's Kaiser Permanente Colfax Marathon. In recognition of their 26-mile (active living) accomplishment, Kaiser Permanente awarded the City \$1,500. The City, in turn, generously donated the winnings to LWWR. At the August 9 City Council meeting, Mayor DiTullio presented a check to LWWR on behalf of the City. Molly Hanson and two Coalition members were present to accept the donation. Many thanks to Mayor DiTullio and the City for their support and congrats to the marathoners!! LiveWell Wheat Ridge looks forward to using these funds make the city a healthy community.

Upcoming Events

Wheat Ridge City Council Study Session on Urban Agriculture - December 6

A growing number of communities throughout Colorado and the U.S. are embracing urban agriculture in a variety of forms. On city or county owned plots, private property, office rooftops, and even on roadway medians, people are experiencing the social, economic, environmental, physical, and mental benefits of this exciting trend.

In step with this trend, we are thrilled to announce a Wheat Ridge Study Session devoted entirely to examine the present and future of urban agriculture in Wheat Ridge on Monday, December 6 at 6:30pm. (City Hall is located at 7500 W 29th Avenue, Wheat Ridge, 80033.) During a 20-minute presentation and a follow up discussion with members of Council, we will examine successful examples of urban agriculture in Wheat Ridge, identify inspiring case studies from other local communities, discuss the potential economic benefits of supporting urban agriculture, and the interface between urban agriculture and Wheat Ridge's zoning code. In particular, we will examine whether the zoning code could be refined to clarify allowances and restrictions within different zoning designations. Please consider attending this very informative presentation.

Presenters will include:

Sarah Showalter - Planner, City of Wheat Ridge
Suzanne Teale - Wheat Ridge resident, grower and a WR2020 partner

Shannon Spurlock - Community Initiatives Coordinator, Denver Urban Gardens

Ted Heyd, Planning and Technical Consultant, LiveWell Wheat Ridge

For additional questions, please contact Ted Heyd at tedheyd@gmail.com.

Community Spotlight

Discovery Park

On Saturday, October 9, the City of Wheat Ridge opened the new Discovery Park at 38th and Kipling. The grand opening ceremonies included a ribbon cutting, refreshments, live music and the dedication of a sculpture titled "Discovering the Stars" by local Artist Kevin Robb. The park provides a valuable and much anticipated visual and recreational amenity on one of the City's most heavily traveled roadways. The park is already being widely used by community members as a place to play, walk, or just relax. In addition to its many amenities, including a new sidewalk that extends for the entire length of the property, the park provides sweeping views of the Front Range to the west. View slideshow:

<http://www.ci.wheatridge.co.us/index.aspx?NID=611>

Special Thanks

The City of Wheat Ridge Police Department has been a valuable partner to LWWR over the last three years. Through active participation on the ACE task force and provision of valuable insight when needed, our efforts have continuously been strengthened due to the Department's involvement. At the October 25 City Council meeting, Molly Hanson, Greg Seebart (ACE Task Force Co-Chair) and Scott Shields, CEO of Family Tree and LiveWell Wheat Ridge Leadership Committee Member, attended the public hearing to recognize the Department for its valuable support. We look forward to carrying this successful partnership into the future.

We want also want to thank Highlands South Senior Housing Development, the Wheat Ridge Community Development Department, and the Police Department for the use of meeting rooms for recent LiveWell Wheat Ridge meetings.

LiveWell Wheat Ridge Thanks The Wheat Ridge Community For the Energy, Vision and Commitment to Making Wheat Ridge a Healthy Community! Happy Holidays!

To become an *ACTIVE* member with LiveWell Wheat Ridge or to sign up for a task force, please contact Molly Hanson, LiveWell Wheat Ridge Coordinator at mhanson@jeffco.us or 720.345.8547



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