

#### **Project Goals**

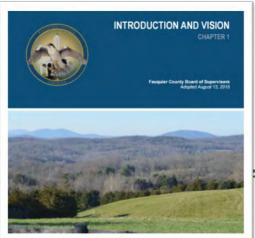
- Gather community input on issues and priorities related to walkability, parks, trails and active living.
- 2. Create a vision for a connected network of parks, trails and sidewalks.
- 3. Position the community to support the development and implementation of that vision.
- Identify who will take ownership for implementation and maintenance.
- 5. Improve safety for pedestrians, bicycle riders and drivers.
- 6. Improve river access. Encourage respect and appreciation for the river.
- Create more places for Remington residents to play, connect and hang out together.



#### What we've done so far...



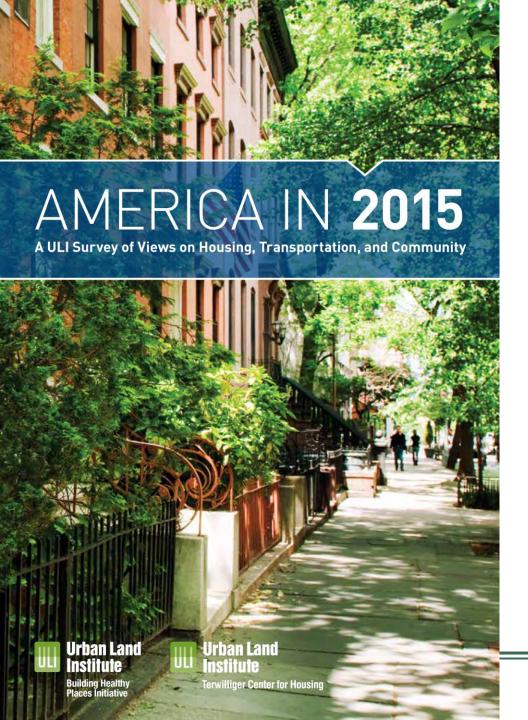












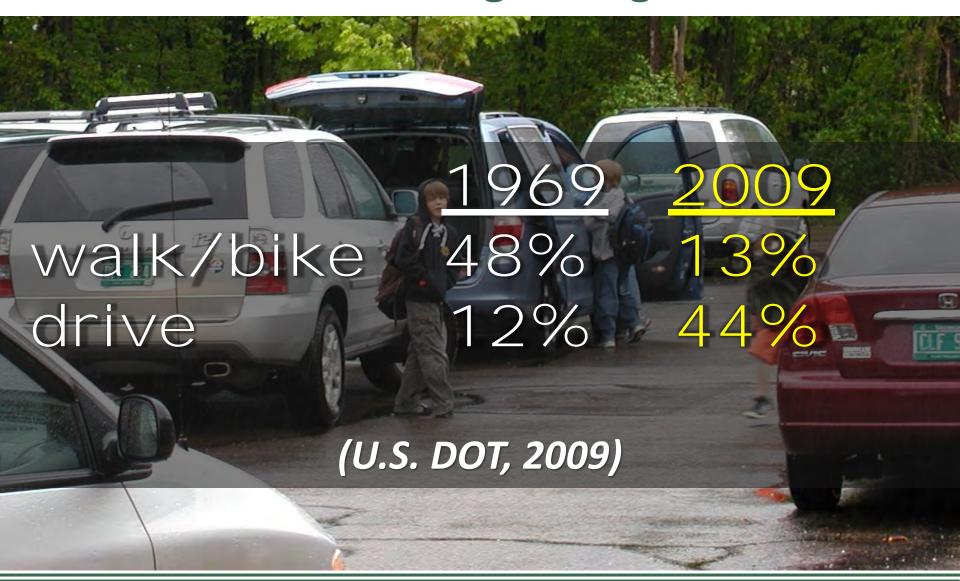
52%

of Americans would like to live in a place where they do not need to use a car very often.

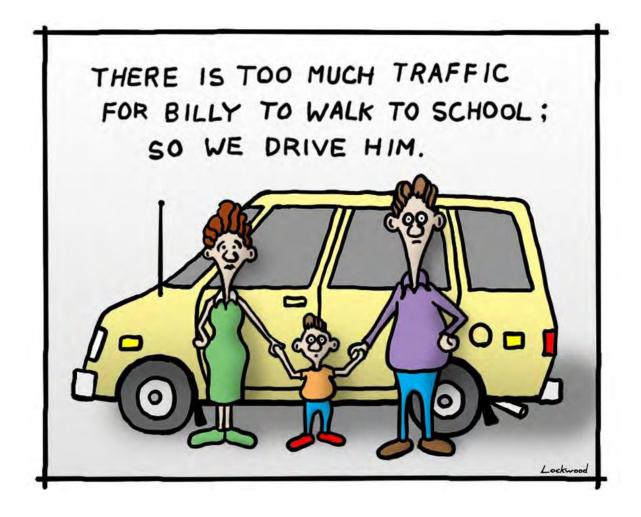




#### Fewer children walking/biking to school



## Traffic Inducing Traffic



#### Children's Health:

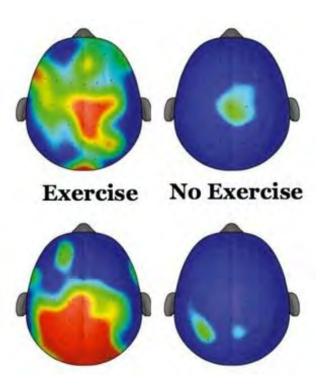
Schools near major roads have higher incidence and severity of health issues





# Children's Health: Exercise is ADHD Medication

Physical movement improves mental focus, memory, and cognitive flexibility; new research shows just how critical it is to academic performance.



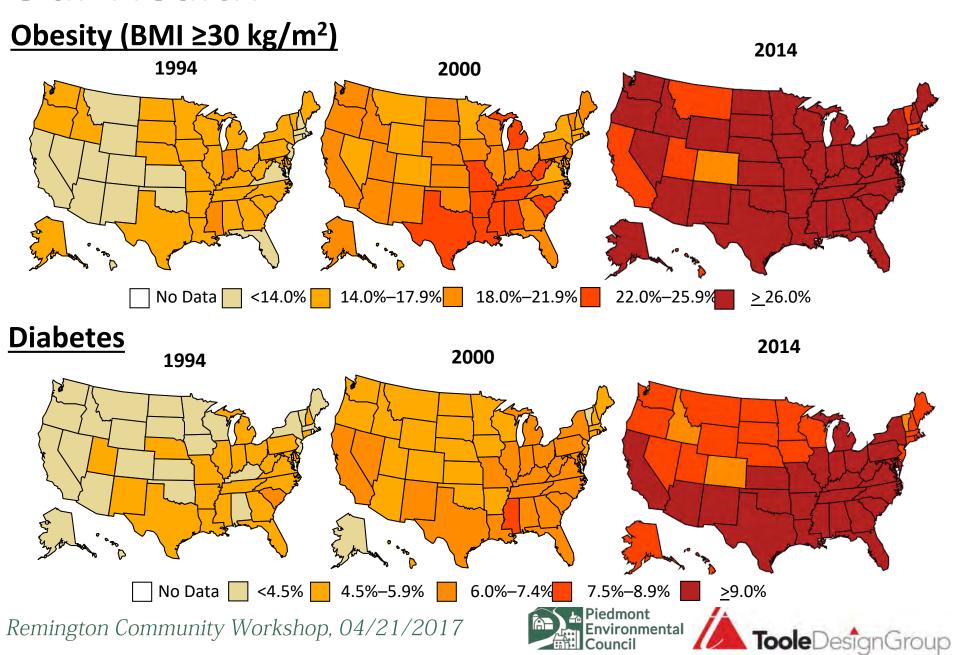


Source: The Atlantic / Pediatrics Medical Journal





#### Our Health



### Driving and Quality of Life

- Increased neck and back problems
- More likely to feel tired/ anxious
- 40% increase in divorce when commute > 45 minutes
- Commute length stronger correlation to obesity than any other factor
- Each 10 minutes
  of commute
  reduces social
  connections by 10%



Source: Bowling Alone: The Collapse and Revival of American Community, Robert Putnam, 2000

## 3,724,933 traffic fatalities (1899-2016)



Highway crashes cost Americans \$242 billion annually, including the cost of medical bills, lost wages, legal fees, auto repairs and delays

Data Source: National Highway Transportation Safety Administration (NHTSA)



# More walkable places perform better economically.

- + Attract and retain businesses, employees and residents.
- + Attract and retain a younger workforce.
- + Encourage tourism, shopping visits, and casual restaurant patrons.



"Where do you want to go to dinner, honey?"

### Principles of Walkability

- 1) Comfortable
- 2) Engaging
- 3) Accessible
- 4) Convenient
- 5) Connected
- 6) Vibrant
- 7) Safe
- 8) Legible





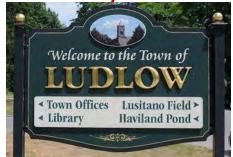
## Ideas for Remington



**Transition Zones** 

**Town Center** 



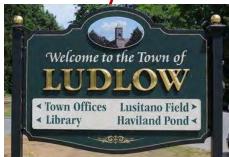




**Transition Zones** 

**Town Center** 







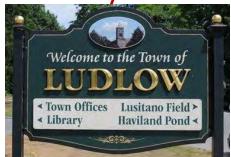
#### **Transition Zones**





**Town Center** 







#### **Transition Zones**

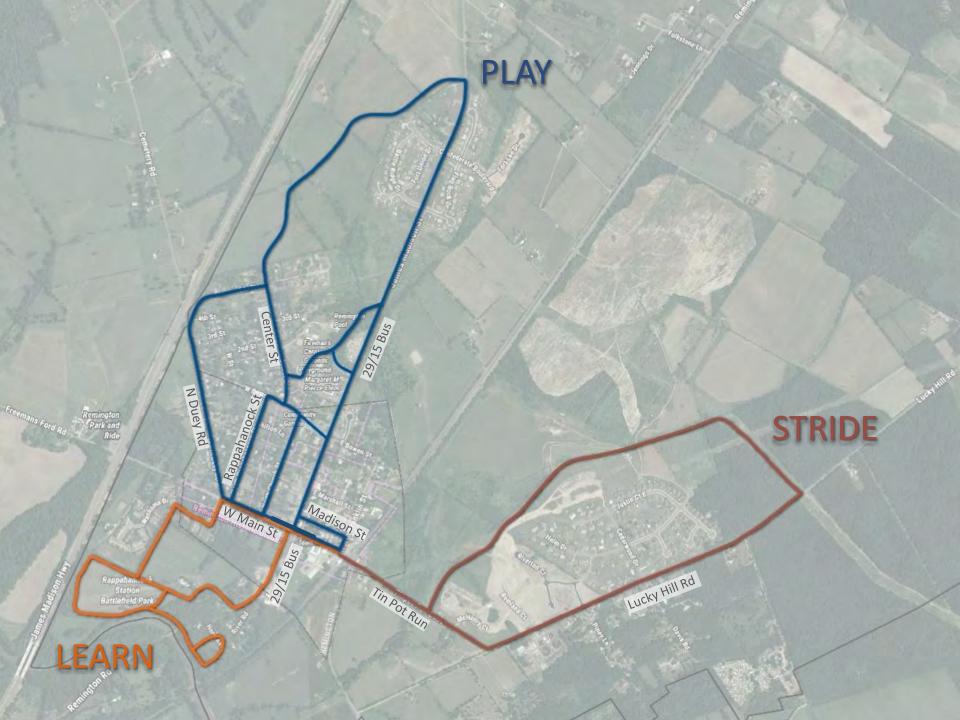


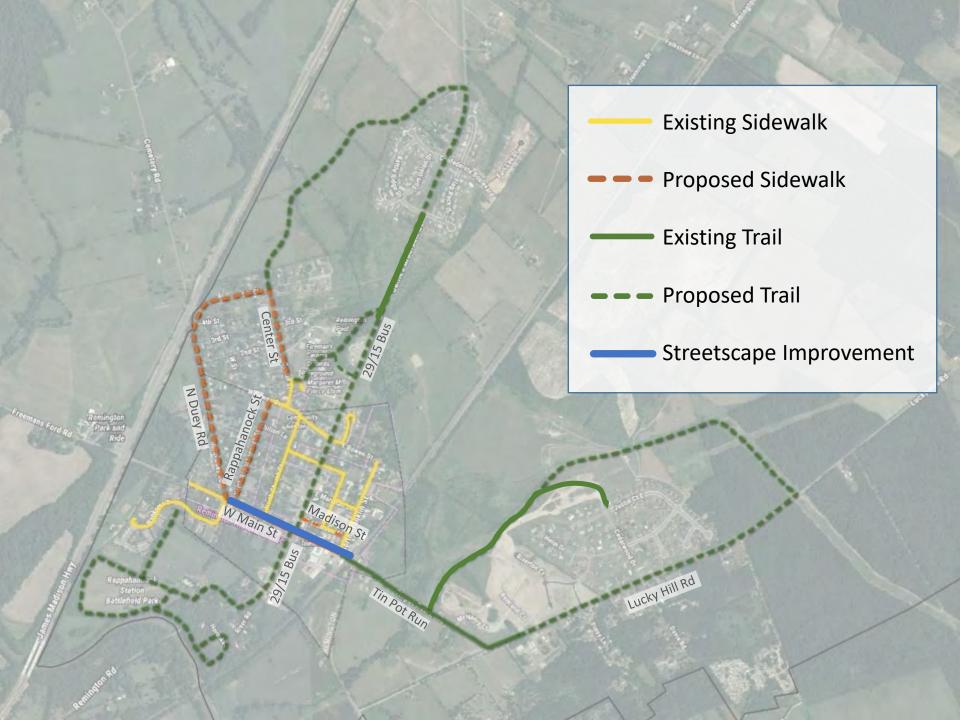


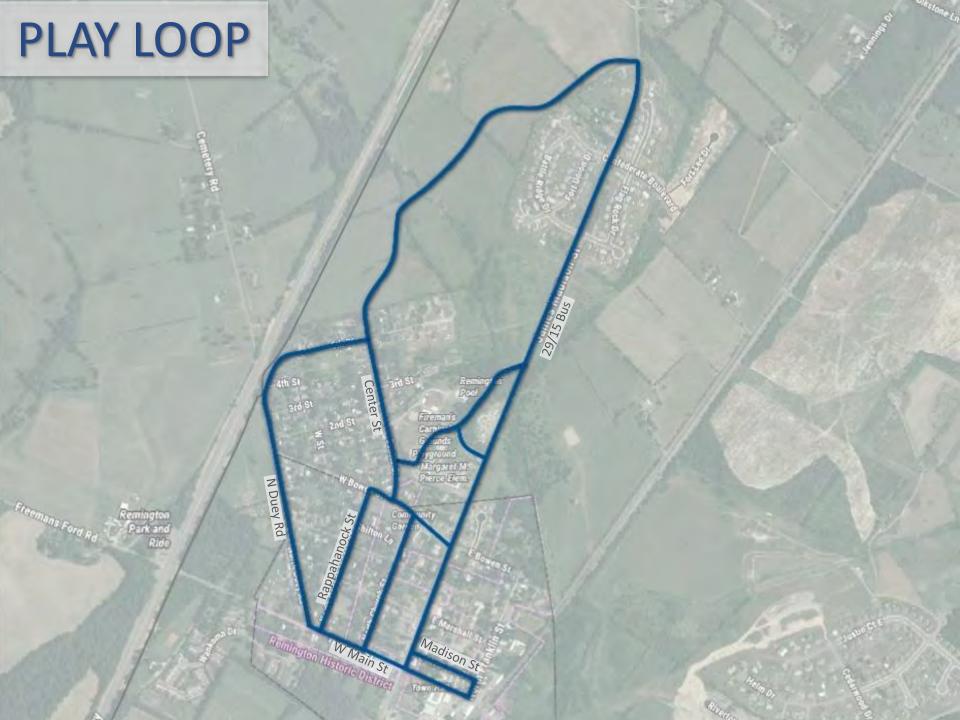
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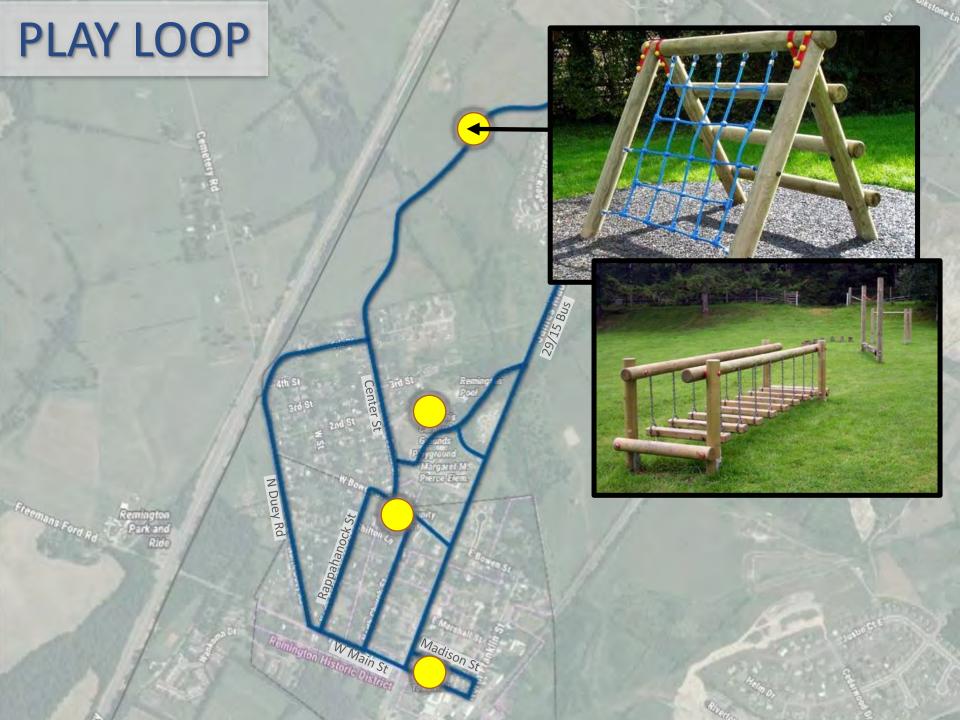




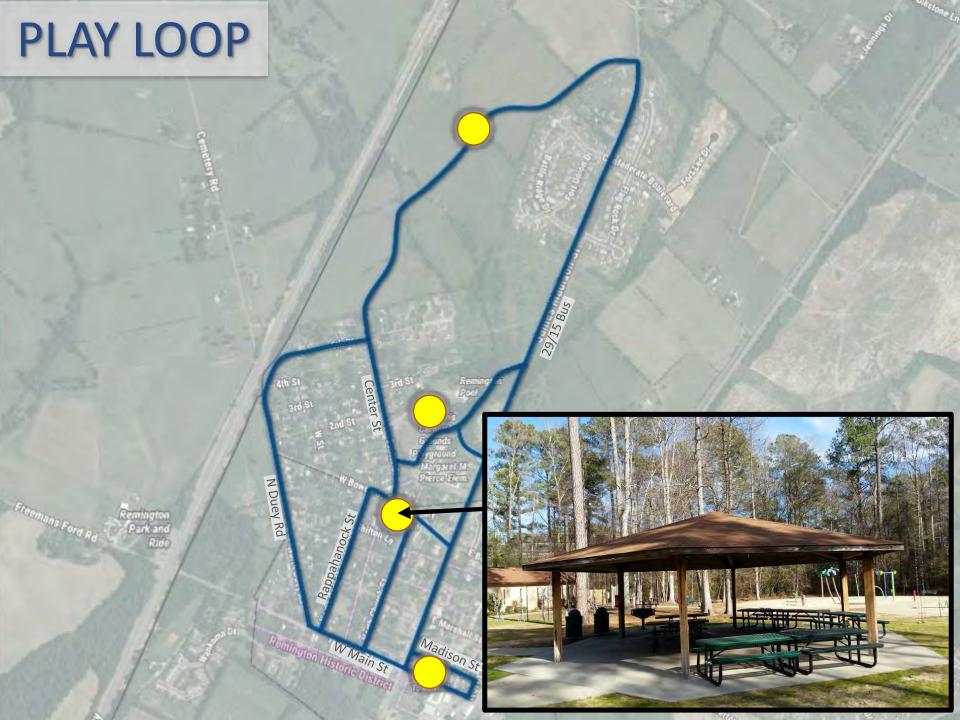


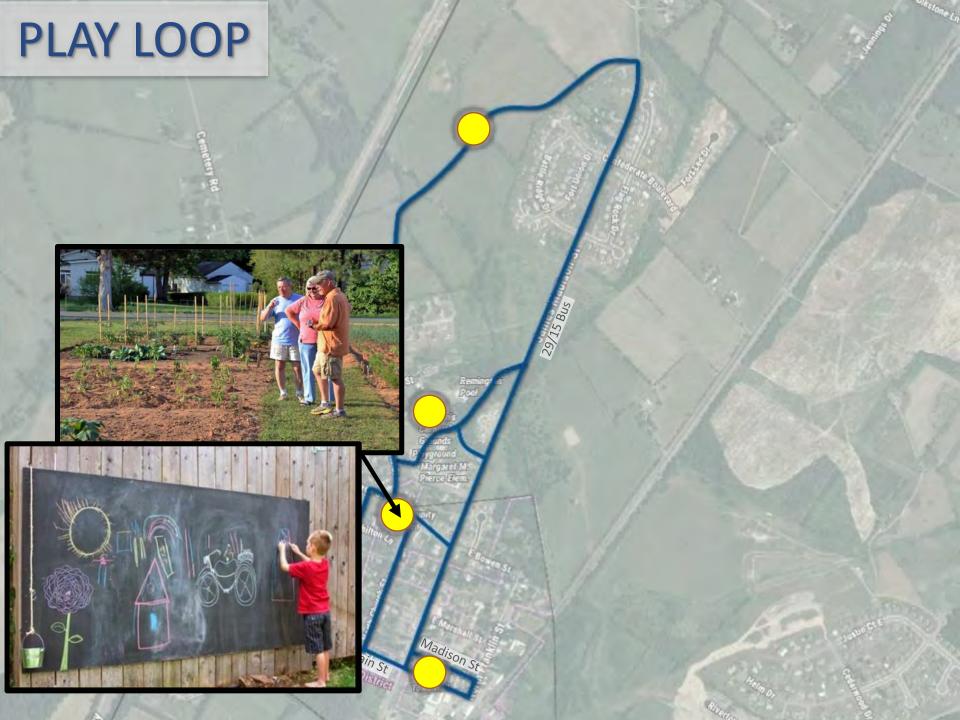




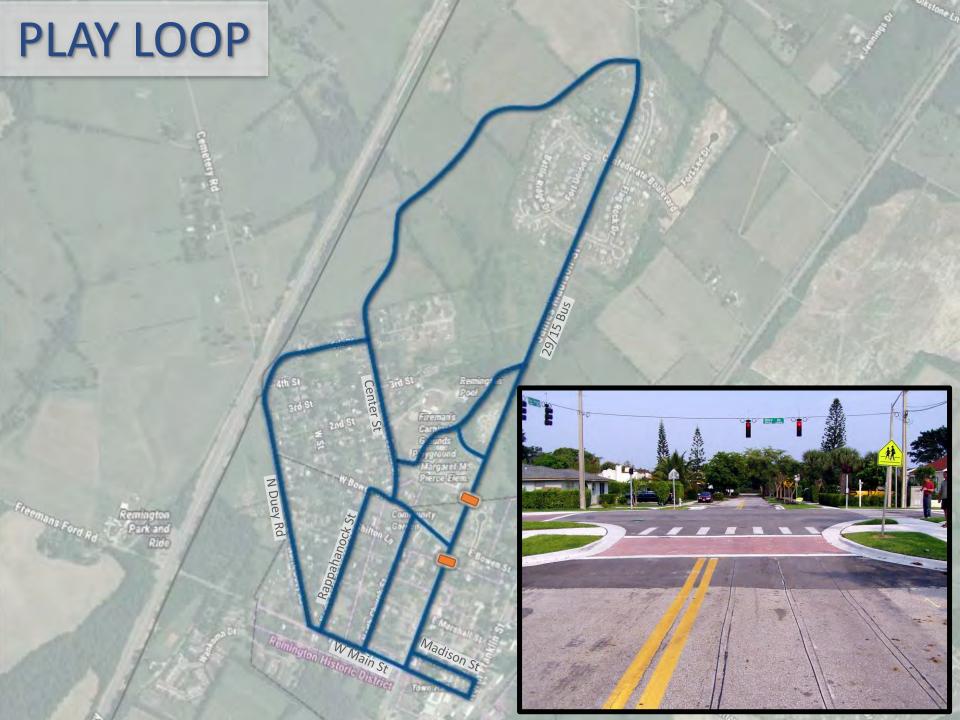










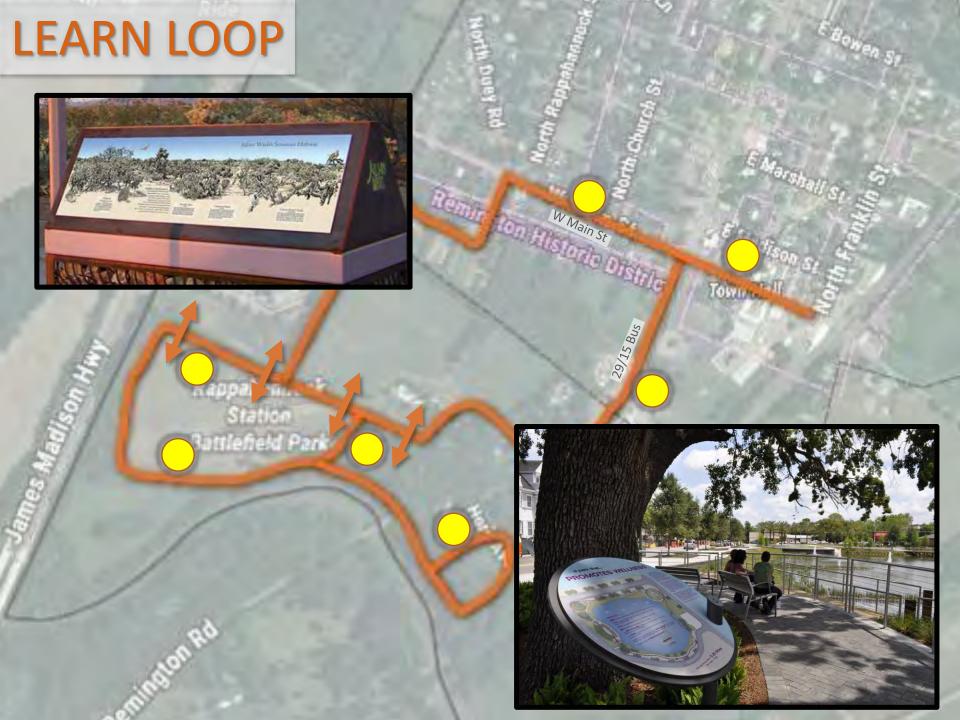








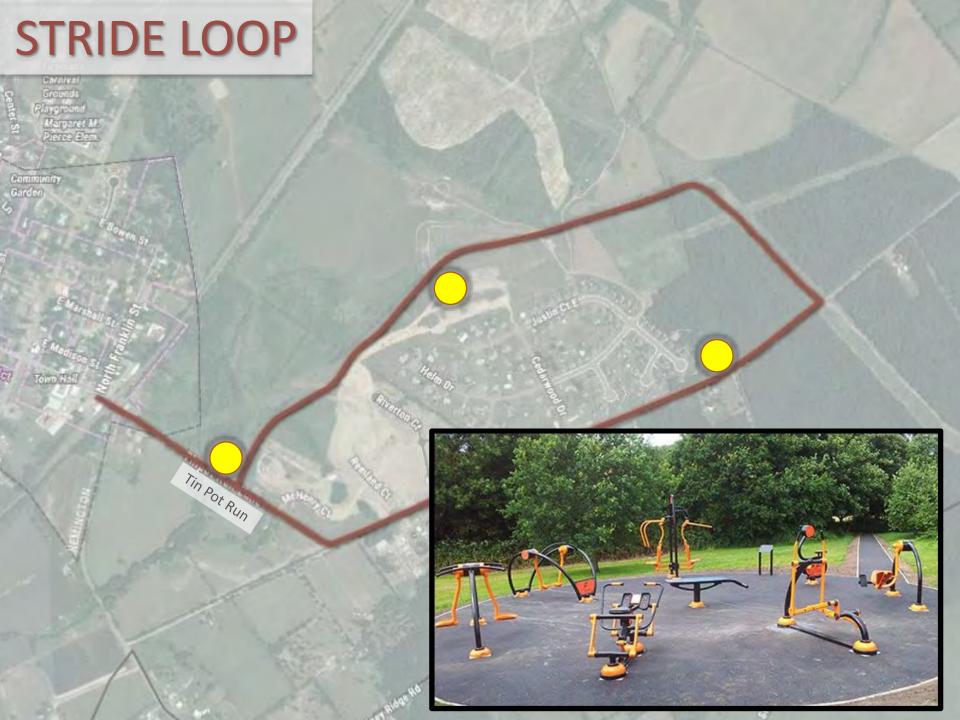


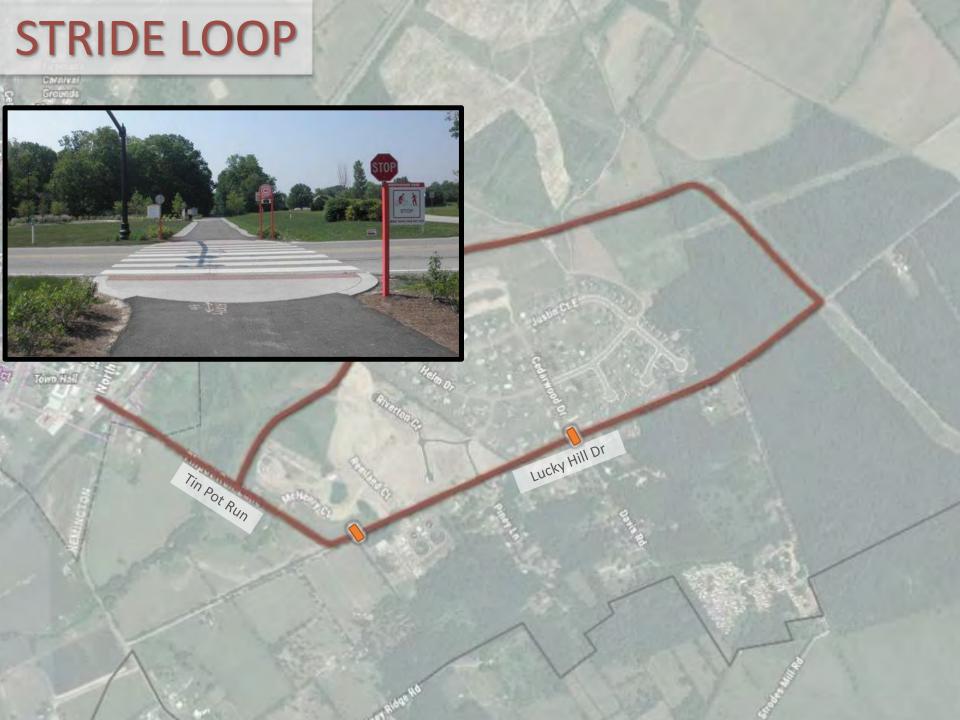






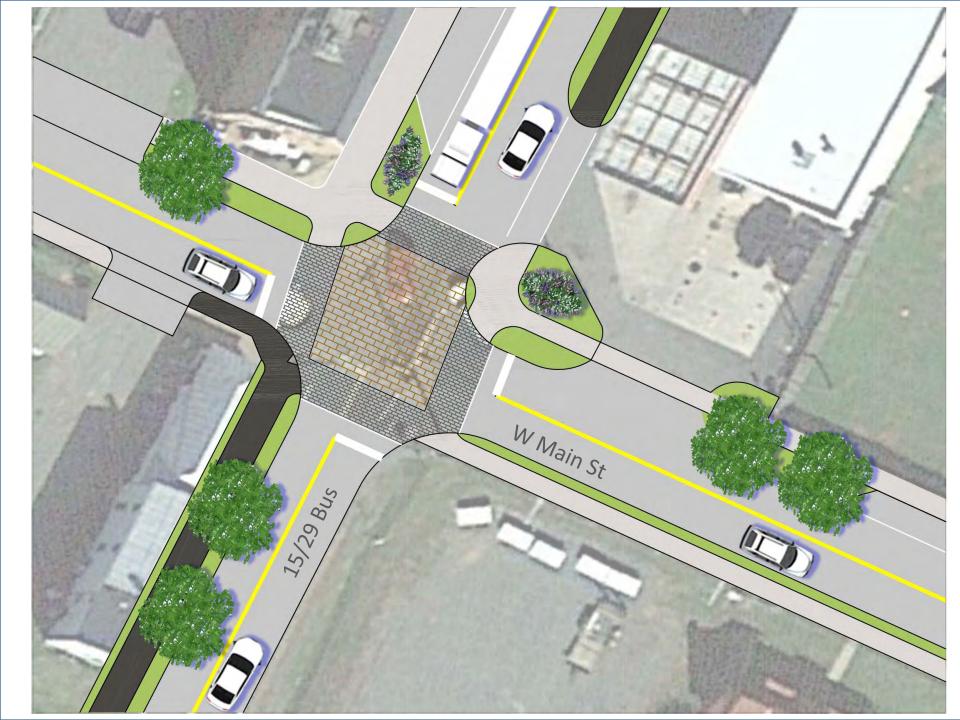
















## Main Street







## Main Street



Near Town Hall Facing East

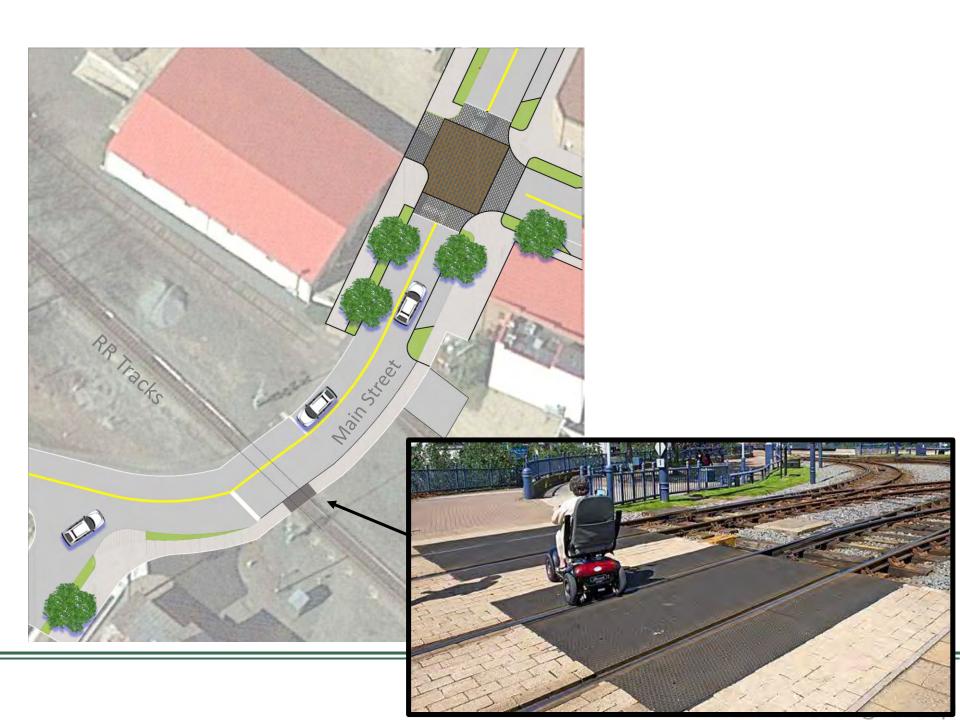












## Funding and Maintenance

- County, VDOT and Town central, but community leaders will also be key
  - Friends of the trail group?
- Federal, State & Foundation Grants
  - Journey through Hallowed Ground?
  - Kaboom Playground?
- Fund small improvements; Implement in stages

## Thank you!

**Discussion & Questions**