

PUBLIC COMMENT SIGNUP SHEET

Pursuant to N.C. Gen. Stat. §153A-52.1, the Henderson County welcomes public comment at its meetings. Please note that each speaker is limited to three (3) minutes, unless a different time limit is announced. Also, the Board may adopt rules limiting the number of persons speaking taking the same position on a given issue, and other rules regarding the maintenance of good order.

Each speaker should be aware and by their signatures hereto they agree that their comments may be recorded (by audio-visual recordings, photography or other means), and may be (but are not required to be) broadcast by the County as a part of the broadcast of this meeting, or as a part of the County's programming on its local video channel(s). By their signature they further agree that Henderson County is and will be the sole owner of all rights in and to such programming. The undersigned hereby indemnifies Henderson County, its employees and agents, against any and all claims, damages, liabilities, costs and expenses arising out of the use of the undersigned's images and words in connection therewith.

1. Nancy M'Clung Nancy M'Clung, PT
 PRINTED NAME SIGNATURE
1827 Laurel Park Hwy support of connected Greenways
HVL, NC 28739 Topic
 MAILING ADDRESS

2. _____
 PRINTED NAME SIGNATURE

 Topic

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3. _____
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4. _____
 PRINTED NAME SIGNATURE

 Topic

 MAILING ADDRESS

Good Morning. My name is Nancy McClung. I am a Henderson county resident and I appreciate this opportunity to voice my support for connected Greenways. I have enjoyed using the Oklawaha Trail and appreciate the connection between Patton and Jackson Parks. I am very excited about the \$700,000 grant from the state DOT to help pay for the 7,400 foot extension from Patton Park to Berkeley Park along Mud Creek.

Greenways attract Tourism, facilitate Urban Redevelopment, bring new and expanding Businesses with Job creation, and are the 2nd most desirable amenity affecting house purchase decisions. Signs on the Swamp Rabbit advertise residential communities with trail access.

• photos of advertisements on the Swamp Rabbit Trail.

in addition to this photo, similar adds / signs were present with the following logo's on it:

1. "Like cycling on the swamp rabbit? You'll LOVE living on it."
2. "Like running on the swamp rabbit? You'll LOVE living on it."
3. "Imaging living on the swamp rabbit."



Greenways create Health Care savings.

I have been a Physical Therapist for 30 years. Exercise is critical for maintaining health throughout our life span. Studies have shown that the #1 most effective treatment for ALL medical conditions is EXERCISE.

A Lincoln Nebraska 2004 cost benefit analysis of physical activity using bike/pedestrian trails found for every \$1 investment in trails for physical activity led to \$2.94 direct medical benefit.

A vital component of the 2009 Blue Zone initiative in Albert Lea, MN was the construction of trails. After only one year, they found an increase in average life expectancy of 2.9 years, an average weight loss of two pounds for participating residents, City employees showed a 40% decrease in health care costs, and there was a 20% reduction in absenteeism for key employers.

2011 Ludlam Trail case study found that the community medical cost savings would be between \$1.68 million and \$2.25 million annually.

Published in Jan 2012, Bert Marshall of Blue Cross and Blue Shield of Oklahoma stated "Seventy-five percent of today's health care dollar is spent on the treatment of chronic illnesses such as obesity." This study found participants of its Fitness Program, who worked out at least three times a week, reduced their medical costs by an average of 44 percent, which resulted in \$1,020,000 savings in medical expenses.

I had not been on a bike in over 20 years, but The Swamp Rabbit Trail renewed my love for this recreation and I ride it often. I would love to see our community reap the health and economic benefits of a future Ecusta Trail.

Thank you.