



# Sustainable Tourism and Outdoor Recreation Committee

October 26, 2023

Gunnison County Metropolitan Recreation District

# MetRec's Vision

To improve our citizens' quality of life  
by promoting vital recreation opportunities



**What is recreation?**



**It is where mind and bodies unite...**



**connections flourish...**

**and communities thrive...**



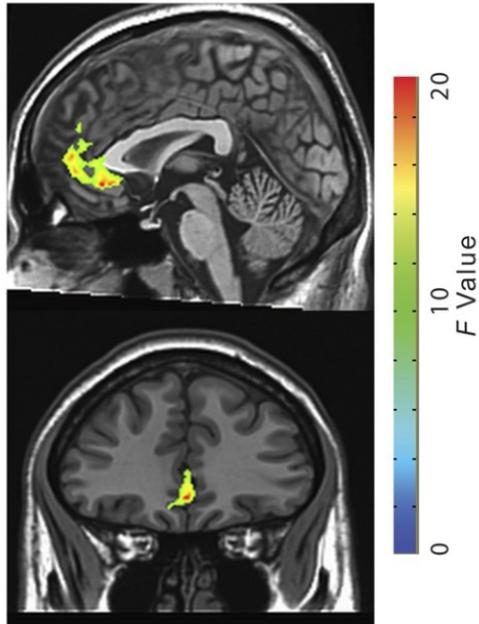
# Nature experience reduces rumination and subgenual prefrontal cortex activation

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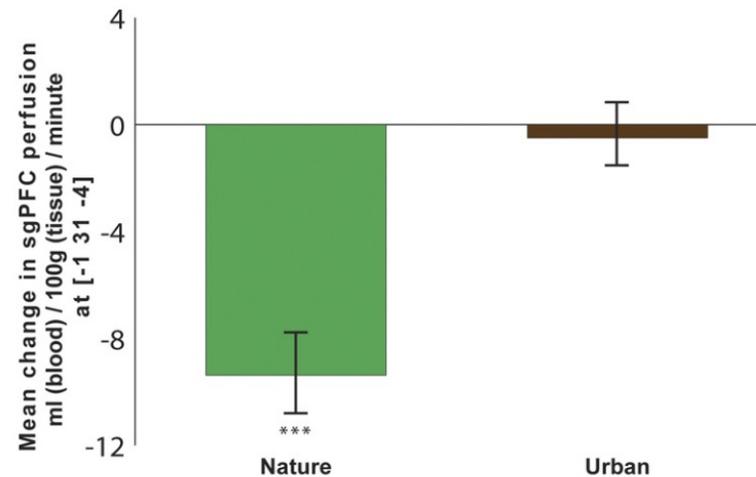
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Contributed by Gretchen C. Daily, May 28, 2015 (sent for review March 9, 2015; reviewed by Leslie Baxter, Elliot T. Berkman, and Andreas Meyer-Lindenberg)

B



C



**Fig. 1.** The impact of nature experience on self-reported rumination and blood perfusion to the sgPFC. (A) Change in self-reported rumination (postwalk minus prewalk) for participants randomly assigned to take a 90-min walk either in a natural setting or in an urban setting. (B) A time-by-environment interaction in blood perfusion was evident in the sgPFC. *F* map of significant interactions at a threshold of  $P < 0.05$ , FWE corrected for multiple comparisons. (C) Change in blood perfusion (postwalk minus prewalk) for participants randomly assigned to take a 90-min walk either in a natural setting or in an urban setting. Error bars represent SE within subjects:  $*P < 0.05$ ,  $***P < 0.001$ .

## Exercise in nature improves mental health

- It reduces repetitive negative thinking loops.
- It reduces the activation of brain regions associated with negative moods.
- People already feel and know this. It is a big reason why people visit and move here.

# Effectiveness of physical activity interventions for improving depression, anxiety and distress: an overview of systematic reviews

## Systematic review

**Table 3** Summary data on the effects of physical activity interventions on anxiety for a range of clinical conditions, including the number of reviews, studies and participants covered; and the 25th percentile, median and 75th percentile for standardised mean differences

Condition	Reviews	RCTs*	Participants†	Standardised mean difference		
				25th percentile	Median	75th percentile
Arthritis	2	29	1859	-0.63	-0.52	-0.40
Cancer	12	72	4955	-0.50	-0.24	0.06
Blood	1	3	249		0.18	
Breast	7	46	2862	-0.72	-0.53	0.44
Colorectal	1	4	98		-0.11	
Lung	1	6	695		-0.26	
Non-specific	2	13	951	-0.21	-0.05	0.17
Chronic obstructive pulmonary disease	2	14	1067	-0.76	-0.55	-0.33
General population	2	7	2781	-0.99	-0.85	-0.70
HIV/AIDS	1	5	185		-1.23	
Kidney disease	2	4	246	-0.78	-0.78	-0.78
Mental disorders	6	40	>2133	-0.59	-0.43	-0.34
Anxiety	3	25	>1197	-0.54	-0.43	-0.41
Cognitive impairment	1	3	210		-0.33	
Post-traumatic stress disorder	2	9	>101	-0.59	-0.44	-0.30
Schizophrenia	1	3	94		-0.26	
Substance abuse disorder	1	7	741		-0.31	
Multiple sclerosis	1	4	133		-0.16	

\*Reviews may have included overlapping randomised controlled trials.

†Randomised controlled trials may have included overlapping participants.

## Clearly, exercise improves health

- It reduces mild to moderate symptoms of anxiety and depression.
- It reduces the incidence rates of many diseases.
- People recreate because it makes them feel healthier.

# Recreation has many benefits beyond health

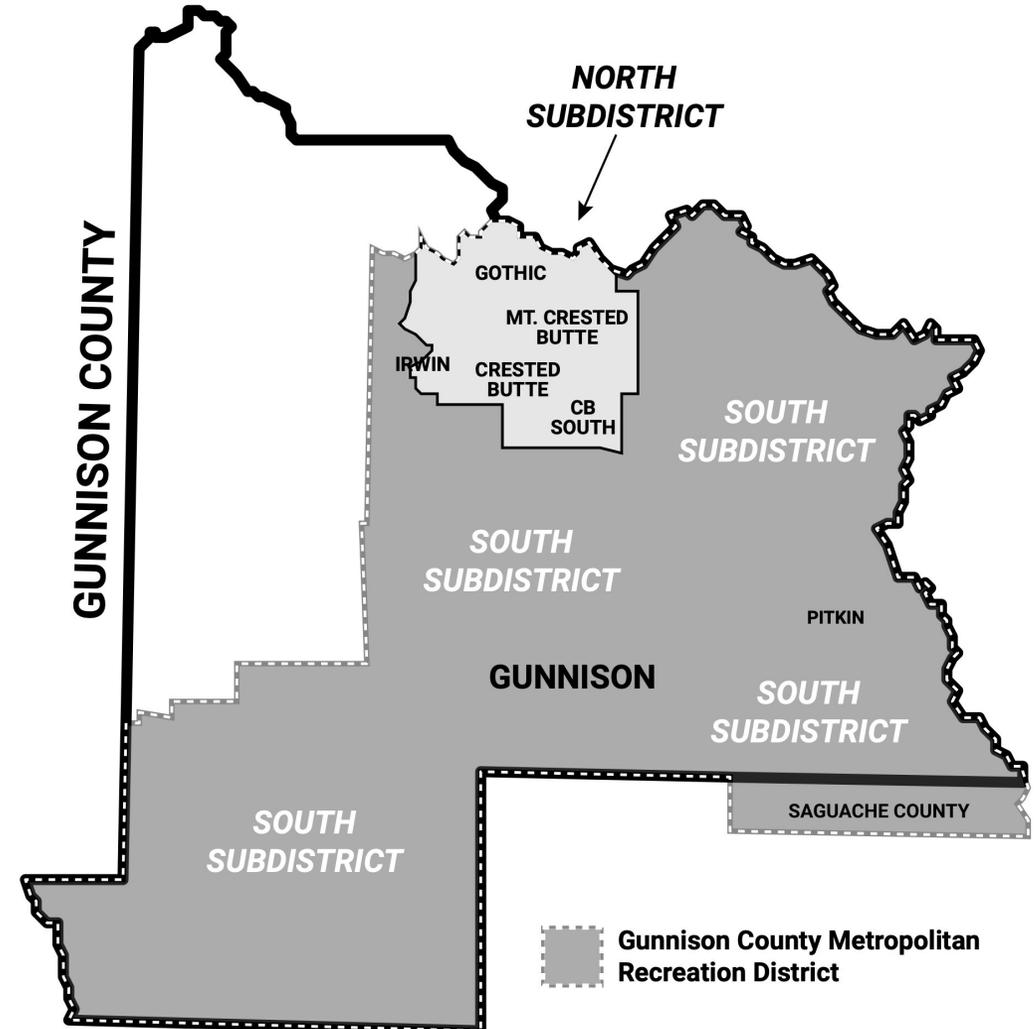
- Mental Health
- Physical Health
- Youth Development
- Social Interaction
- Community Engagement
- Economic
- Inclusive Communities
- Environmental Awareness
- Community Identity

# MetRec district map and mill levies

## Mill levies

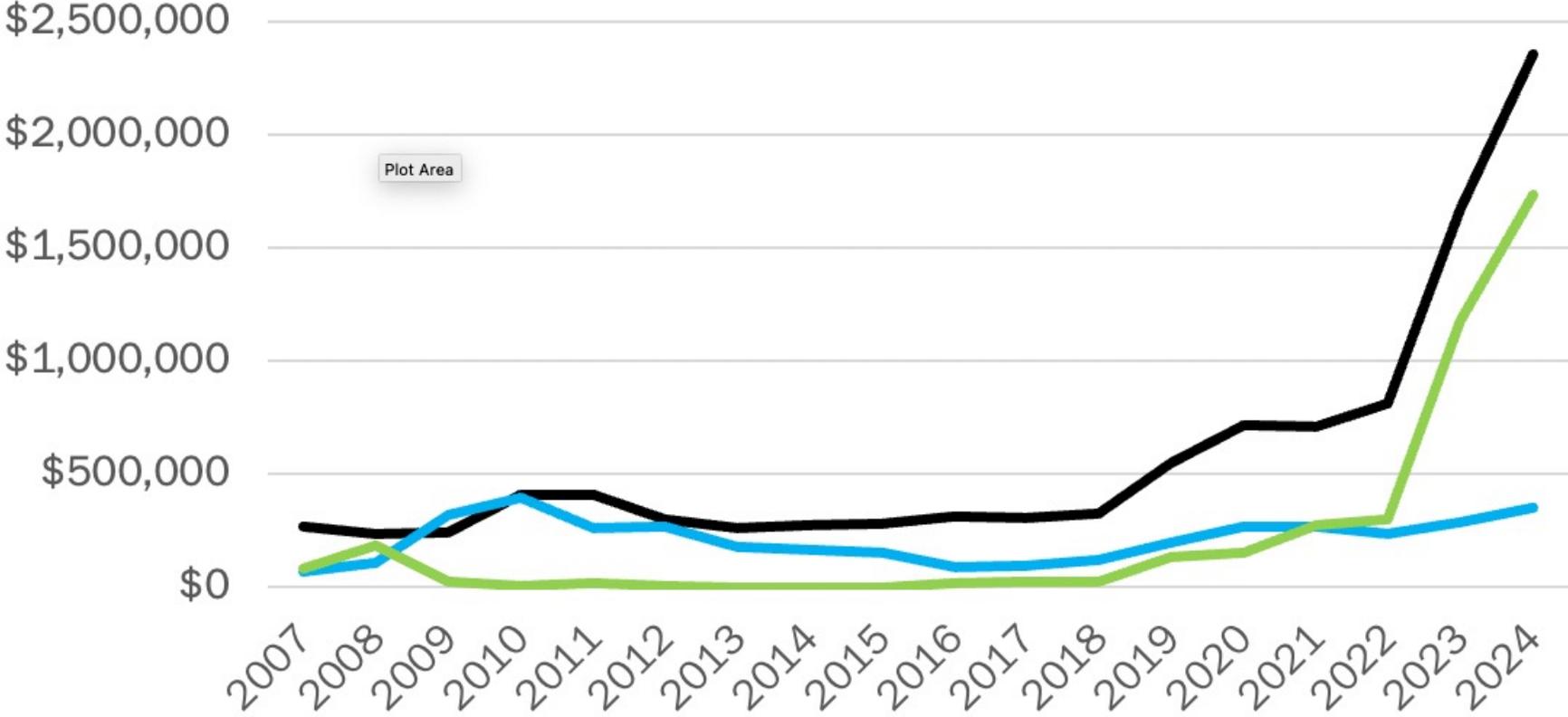
- District-wide – 1.0 mill  
(7D 2018)
- North Subdistrict – 2.0 mills  
(6B 2022)

## Gunnison County Metropolitan Recreation District Boundary Map



# 2007 - 2023 MetRec Budget

## 2007 - 2024 MetRec Budget



- Total Budget
- TV Translator Operations Budget
- Recreation Budget

# MetRec 2024 Property Tax Revenue

<b>2024 MetRec Property Tax Revenue</b>		
<b>District</b>	<b>Mill Levy</b>	<b>Revenue</b>
District-wide	1	\$1,044,473
North Subdistrict	2	\$1,312,189
		<b>\$2,356,662</b>

# Ballot issue 6B's three funding purposes

- In 2023, our recreation grant program was reformulated to fit these three funding buckets.

## Capital

30-60% OF SUCH FUNDS SHALL BE ALLOCATED FOR THE PURPOSES OF CAPITAL CONSTRUCTION OF TRAILS, FIELDS, HOCKEY RINKS, CULTURAL CENTERS, RECREATION CENTERS, OR OTHER PHYSICAL IMPROVEMENTS, ACCESSIBLE TO THE GENERAL PUBLIC, THAT SUPPORT CULTURAL OR ACTIVE RECREATION (OTHER THAN TELEVISION) AND/OR THE ACQUISITION OF PROPERTY OR EASEMENTS THAT PERMANENTLY PROVIDE OR SUPPORT ACCESS TO SUCH RECREATION. SUCH FUNDS MAY BE SPENT ANNUALLY OR PUT IN A CAPITAL RESERVE FUND.

## Operations

30-60% OF SUCH FUNDS SHALL BE ALLOCATED FOR THE PURPOSES OF SUPPORTING LOCAL NONPROFITS THAT SUPPORT RECREATION, INCLUDING BUT NOT LIMITED TO OPERATIONS, TRAIL MAINTENANCE, ACCESS, EDUCATION, SAFETY, AND EQUIPMENT. THE DISTRICT MUST SPEND THESE FUNDS ANNUALLY.

## Collaboration

10-40% OF SUCH FUNDS SHALL BE ALLOCATED TO ANY MUNICIPALITY OR GOVERNMENT AGENCY OR LOCAL NON-PROFIT FOR THE PURPOSES OF MAINTAINING THE QUALITY OF RECREATIONAL EXPERIENCES BY PROPERTY TAX OWNERS ON LANDS ACCESSIBLE TO THE GENERAL PUBLIC, INCLUDING OPERATING AND/OR CAPITAL COSTS, SUCH AS BUT NOT LIMITED TO CONSTRUCTION AND MAINTENANCE OF TRAILS, BATHROOMS, PARKING, SIGNAGE, EDUCATION, AND ENFORCEMENT. SUCH FUNDS MAY BE SPENT ANNUALLY OR PUT IN A CAPITAL RESERVE FUND.

# MetRec 2023 Recreation Grant Cycle

<b>2023 Recreation Funding</b>	<b>South-Subdistrict</b>	<b>North Subdistrict</b>	<b>Totals</b>
<b>Capital</b>	\$25,000	\$0	\$25,000
<b>Operations</b>	\$75,066	\$265,676	\$340,742
<b>Collaboration</b>	\$30,341	\$76,458	\$106,799
<b>Totals</b>	\$130,407	\$342,134	\$472,541

- 26 recreation grants awarded

# COMMUNITY SURVEY RESULTS metrec

## COMMUNITY PARTICIPATION

NORTHERN SUBDISTRICT



**642** RESPONSES  
14.3% RESPONSE RATE

**366** RESPONSES  
3.1% RESPONSE RATE

22 MISSING ZIP CODE

SOUTHERN SUBDISTRICT

**1,000+ RESPONSES**

i = 5 RESPONDANTS

## RECREATION IMPORTANCE



### OUTDOOR IMPORTANCE

**91%** RATE OUTDOOR RECREATION AS 'EXTREMELY IMPORTANT'

### FREQUENCY

**94%** ENJOY OUTDOOR RECREATION AT LEAST WEEKLY

### AVAILABILITY

**91%** DEEM AVAILABILITY AS 'GOOD' OR 'EXCELLENT'

### INDOOR IMPORTANCE

**45%** RATE INDOOR RECREATION AS 'EXTREMELY IMPORTANT'

### FREQUENCY

**55%** ENJOY INDOOR RECREATION AT LEAST WEEKLY

### AVAILABILITY

**31%** DEEM AVAILABILITY AS 'GOOD' OR 'EXCELLENT'

### ♥ OUTDOORS!

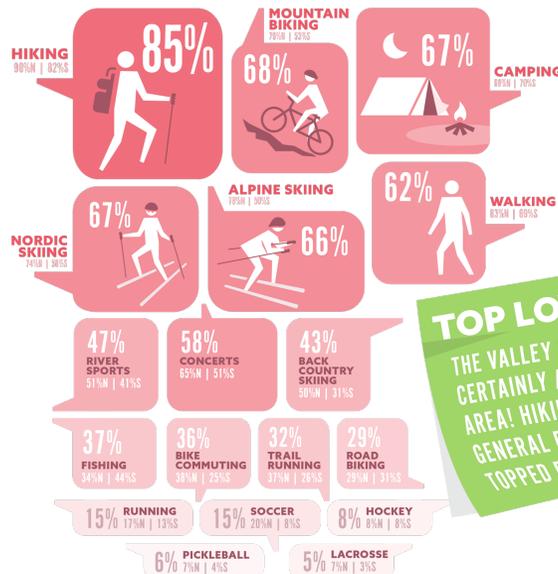
RESPONSES SHOW A VALLEY WIDE CONSENSUS! OUTDOOR RECREATION IS IMPORTANT, AVAILABLE, AND REGULARLY ENJOYED.

### OPPORTUNITIES!

WHILE RATED LESS IMPORTANT THAN OUTDOOR RECREATION, AVAILABILITY FOR INDOOR RECREATION WAS STILL NOTED AS LOW.

## OUTDOOR RECREATION

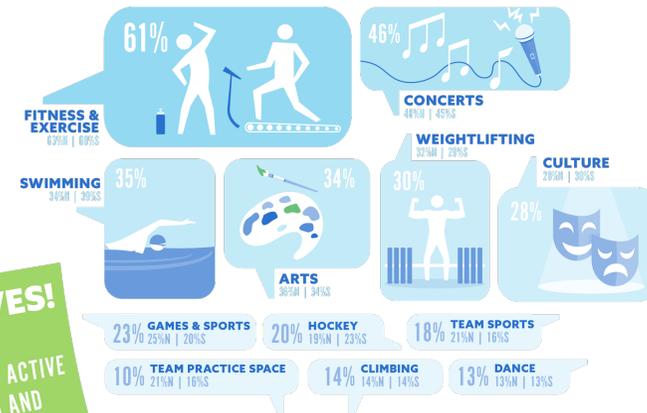
### WHAT WE LOVE!



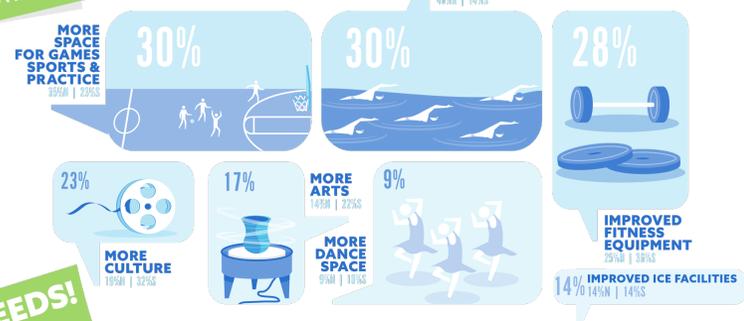
**TOP LOVES!**  
THE VALLEY IS CERTAINLY AN ACTIVE AREA! HIKING AND GENERAL FITNESS TIPPED BOTH LISTS!

## INDOOR RECREATION

### WHAT WE LOVE!

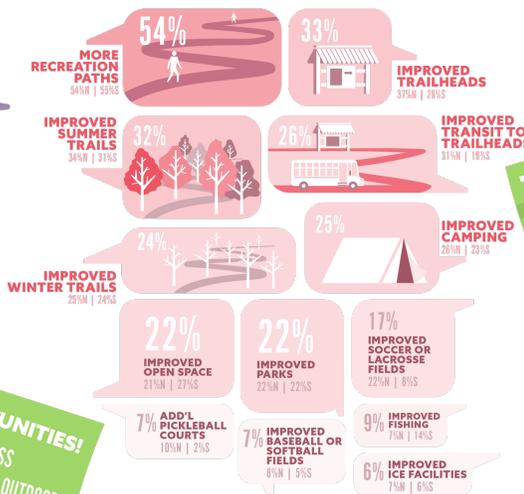


### WHAT WE NEED!



**TOP NEEDS!**  
ALL THAT LOVE OF HIKING AND FITNESS NATURALLY LEADS TOWARDS A NEED FOR MORE PATHS AND MORE SPACE FOR GAMES, SWIMMING, AND PRACTICE!

### WHAT WE NEED!



## REGIONAL RECREATION MASTER PLANNING

### MASTER PLAN IMPORTANCE



**YES!**

**MORE  
RECREATION  
PATHS**

54%N | 55%S

**IMPROVED  
TRAILHEADS**

37%N | 28%S

**IMPROVED  
SUMMER  
TRAILS**

34%N | 31%S

**IMPROVED  
TRANSIT TO  
TRAILHEADS**

31%N | 19%S

**IMPROVED  
OPEN SPACE**

21%N | 27%S

**IMPROVED  
WINTER TRAILS**

25%N | 24%S

**IMPROVED  
CAMPING**

26%N | 23%S

**IMPROVED  
SOCCER OR  
LACROSSE  
FIELDS**

22%N | 8%S

**IMPROVED  
PARKS**

22%N | 22%S

## Survey Results: Outdoor Needs

- The North and South percentages of responses look quite similar.
- When it comes to outdoor recreation, we mostly look like One Valley.

## Survey Results: Indoor Needs

- The North and South percentages of responses look more different for indoor recreation needs.

**MORE  
SPACE  
FOR GAMES  
SPORTS &  
PRACTICE**  
35%N | 23%S

**MORE SPACE  
FOR SWIMMING**  
40%N | 14%S

**IMPROVED  
FITNESS  
EQUIPMENT**  
25%N | 36%S

**MORE  
CULTURE**  
19%N | 32%S

**MORE  
ARTS**  
14%N | 22%S

**MORE  
DANCE  
SPACE**  
9%N | 10%S

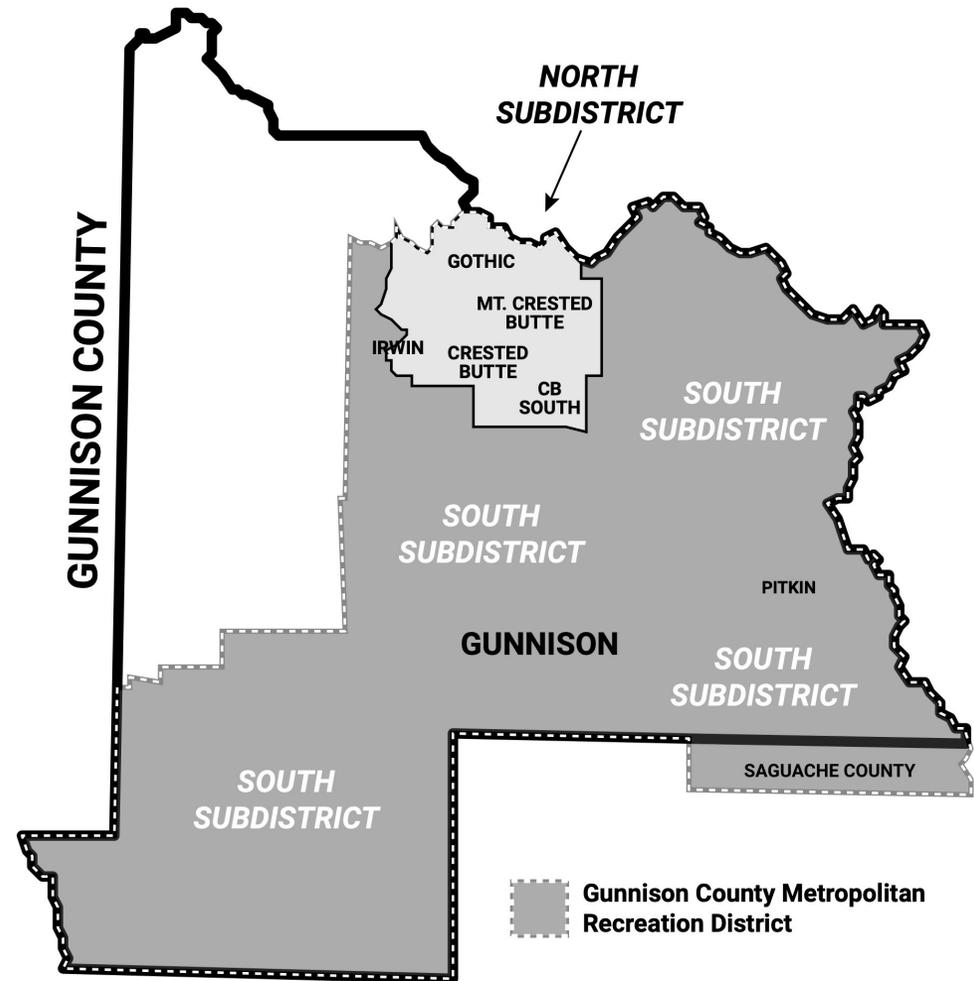
**IMPROVED ICE FACILITIES**  
14%N | 14%S

# Regional Recreation Master Planning

## Considerations:

- Timing – start to publication
  - January 2024—April 2025\*
- Geographic scope
  - Entire MetRec District
  - Gothic to Gunnison
  - North Subdistrict

## Gunnison County Metropolitan Recreation District Boundary Map



# Regional Recreation Master Planning

## Considerations continued:

- What are the foreseeable gaps?
  - Governmental recreation capital project support?
  - Governmental recreation operations support?
- Governmental partnership functional options?
  - MetRec sticks with awarding rec grants
    - Capital
    - Nonprofit operations support
    - Community
  - MetRec supports governmental rec operations
  - MetRec supports governmental rec capital development and operations
  - MetRec also acts as rec owner and operator

MetRec is potentially a powerful tool  
in your recreation toolbox.

# Thank You!



**Contact:**  
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(719) 221-9125

Gunnison County Metropolitan Recreation District

**Questions?**

# Gunnison County

## STOR Committee

CB to CB South Multimodal Trail Update  
October 26, 2023

# STATE TRAILS IN ROW

September STOR meeting identified several questions about possible trail in highway ROW

- Safety
- Winter maintenance
- Hwy speed
- We've reached out to CDOT for any more specific data on trail users and car crashes interactions—have not received response yet.

Survey is closed and we are working with Design Workshop to review the data. Lots of comments—71 pages! Unsure of how useful this data will be. Many comments were based on the assumption that there was a private alignment option (referred to as the “CBMBA alignment”) available at this time. We're sorting through the comments for trends.

Gunnison County

# EXAMPLES OF TRAILS ALONG HIGHWAYS

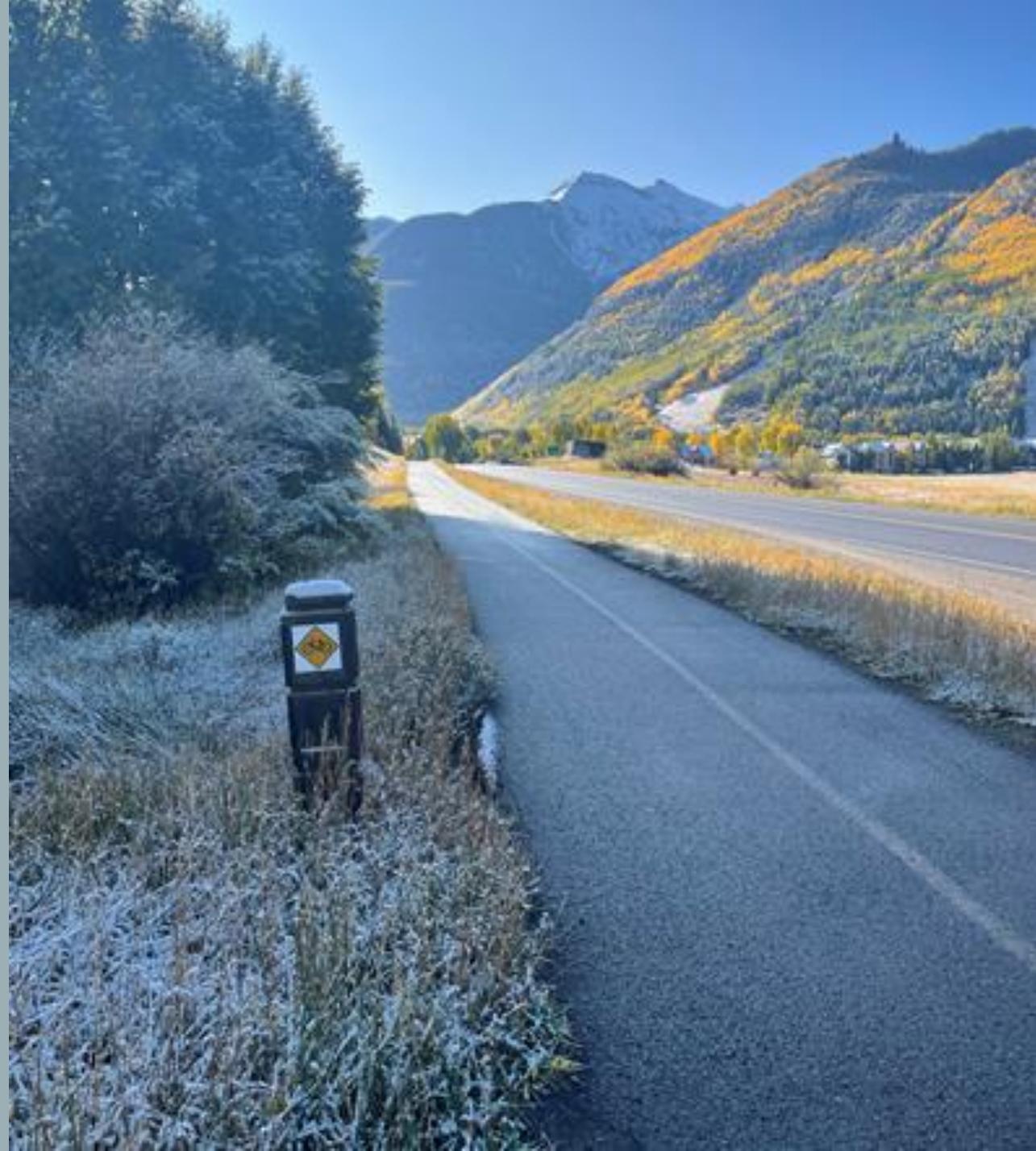
Multimodal path in Carbondale, CO along State Highway 133

- Trail length: 6.5 miles
  - Hwy speed: 55 mph
  - Landscape buffer: majority 8-18 ft, some up to 75 ft, in short locations
  - Some winter maintenance may occur but not significant amounts of snow
  - Crash data for this section of highway not available, however there were 11 vehicular crashes from running off the road on the entire length of Hwy 133 (60 miles), two in snowy conditions.
- \*Note that crash data only includes cars running off road—there are far greater crashes numbers of on the road.



# EXAMPLES OF TRAILS ALONG HIGHWAYS

- Multimodal path in Telluride, CO along State Highway 145
- Trail length: 3 miles
- Hwy speed: 45 mph
- Landscape buffer: one section attached to highway; most is 5-20 ft. from edge of pavement
- Some plowing and use by fat bikes, not groomed for skiing
- Crash data: 1 crash in 2022 from car running off road in snow at roundabout
- \*Note that crash data only includes cars running off road—there are far greater numbers of crashes on the road.



# EXAMPLES OF TRAILS ALONG HIGHWAYS

Multimodal path in Aspen, CO along State Hwy 82

-Trail length: 1.38 miles

-Hwy speed: 55 mph

-Landscape buffer: In certain areas, particularly bridge crossings, trail is attached to edge of pavement. Where buffer is possible it ranges from 12-20 feet.

-Plowed for multi-use in winter (not Nordic skiing)

-Crash data for this specific stretch is not available but for entire Hwy 82 there were 7 crashes from running off the road, 3 were in snowy conditions.

\*Note that crash data only includes cars running off road—there are far greater numbers of crashes on the road.



# EXAMPLES OF TRAILS ALONG HIGHWAYS

Multimodal path in Jackson, WY along State Hwy 89

- Trail length: 27 miles
- Hwy speed: 65 mph (4-5 lane hwy)
- Landscape buffer: mostly 5ft from edge of pavement to trail, up to 20-35 ft in few key locations
- Plowed in winter
- Crash data: 107 total crashes (includes all crashes, not just from running off the road)



# WHERE WE ARE TODAY

Design Workshop and Collins Engineering are working on a high level (10%) design of Alignment A, which is entirely on the east side of the highway.

Alternative A: entirely on east side of Hwy 135. 21,700 linear feet, one river crossing, 4 road crossings, 7 driveway crossings

Staff will look at reconvening the CB-CB South Subcommittee as the alignment is developed to review the design and the survey input. Staff recommends that the subcommittee consider how to move forward with the trail design and make a recommendation (after consultant work complete) to the STOR Committee.