

# Parkour Park - A Place of Playful Movement

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## Examples of Parkour Parks from around the US and World:

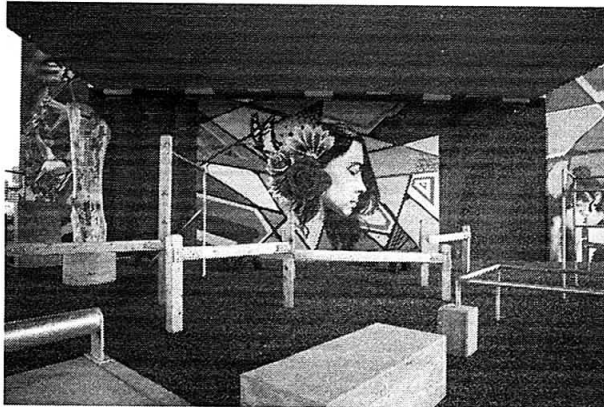
1. "Rail Heaven" - Copenhagen, Denmark



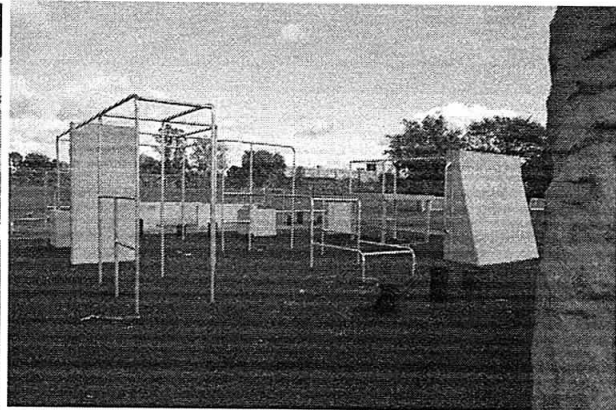
2. Tompkins Square Park - New York City



3. Rhodes Park - Boise, ID



4. Slough Parkour Park - Slough, UK



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## Benefits of Having A Parkour Park:

- Place to exercise, release tension and stress, and express oneself
- Brings communities together through the love of movement
- Can be used by all ages, old and young
- Practitioners need no equipment
- Provides idle youth with a productive, healthy passtime
- Can encourage those who are uninterested in fitness to start exercising

**A statement by Bert Ely to the Alexandria City Council  
regarding the proposed demolition  
of the Old Dominion Boat Club building**

December 16, 2017

Madam Mayor and members of Council I am Bert Ely, I live at 200 South Pitt, and I am speaking only for myself.

I am here today to make a last-minute plea to Council that the City preserve the Old Dominion Boat Club building rather than demolishing it, as is now planned. As a Boat Club member, I know first-hand that the Boat Club building has been well-maintained and is well-equipped to provide indoor and outdoor space for various City-sponsored activities and events. It also could be rented to private groups so as to generate income to more than pay for the operation and maintenance of the building and grounds.

The club's grounds could easily be melded into Waterfront Park and the open space in front of the Torpedo Factory so that there would be a smooth pedestrian flow along that portion of the waterfront. The outdoor uses proposed for the interim plan for Fitzgerald Square could easily be accommodated without having to tear down the building; if anything, retaining the building would enhance those uses. Much-needed restroom facilities, for example, could be built on the ground floor of the building.

One of the saddest aspects of the redevelopment of the Alexandria waterfront has been the extent to which historic buildings have not been preserved. Demolishing the clubhouse building, portions of which are almost 100 years old, will eliminate one more link to the City's waterfront history.

I fully appreciate that demolishing the clubhouse building will enhance the river views from Vola's Dockside Grill and Hi-Tide Lounge, and most likely the profitability of that restaurant, but that is not a good reason to demolish a perfectly usable building.

Although demolition plans are quite advance, it still is not too late to say STOP! Let's rethink the wisdom of demolishing a fine, historic building that can readily be repurposed by the City for public use and as a complement to the interim plan for Fitzgerald Square.

If the clubhouse building is torn down, I predict that sometime in the future, and perhaps in the very near future, regrets will begin to emerge about that demolition. If I am still around, I will be among the first to say, I told you so – the building should not have been demolished.

It is not too late to rethink the demolition of a perfectly fine building that the City can readily repurpose for numerous public uses. Delaying the start of demolition will not cause irreversible harm to the City or the waterfront. I urge Council to stop, take a breath, suspend plans to demolish the building, and reconsider how it can be utilized until such time as the City is ready to move ahead with constructing a permanent Fitzgerald Square Park.

Thank you for your time today – I welcome your questions.

Daniela Ochoa Gonzalez  
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VA 22314

Dear Council Members of Alexandria:

The bagel place a couple blocks up from here just closed a few days ago, so did Carluccio's a few months back. Red Mei Thai restaurant is about to close as well, just as dozens of other small businesses and associations have this year. I may be starting to sound like a young lady with a strong accent and an old soul just being adverse to change? Jeje, maybe, but please bear with me for 2 minutes to flip this around and make my point.

For half of my life, I have been indoctrinated, to put my head down and to deal with my impotence vs. the "invisible hand", the same one that brought us some new charming spots to the neighborhoods like, Hen Quarter, Don Taco and Bittersweet by the way. We have tried them all!

Since we moved here, I have done my very best to be a good resident of this charming town. I attended the Alexandria Academy and continue to volunteer as an Election Officer. We take our compost to the farmers market and walk and shop locally as much as possible. Except, I have remained a silent resident for more than two years. But see, we are in holiday season, and this year a US economist (Richard Thaler) won a nobel prize for exploring human psychology to shape economic decisions. "Nudge" was his book. ***All I want to Christmas is a nudge for Old Town.***

Dream with me for a minute. If this charming street provided you with more options and services to live greener, would you take them? Could we as a town reduce our annual waste production? ...to start...just imagine having the cinema back, would you go? All I'm saying is UPCYCLING and for that matter businesses and organizations like UPCYCLE, should have a spot in MAIN STREET to make a MAIN statement.

This is not something I am making up of the blue. I'm just trying to highlight the added values and contributions that Old Town makes to the world. Precisely, some timeless practices that help us live in resourceful and resilient ways – products and services for living sustainably that have lived and flourished along King Street and Old Town for more than a century. My hope? That WE may wake up to this great

potential and come up with a way to nudge this “invisible hand” and create a space where the spots that make our community green and diverse and unique can coexist.

What am I talking about? The repair shops! Like the shoe-repair and the rugs-repairs, and the furniture repairs and restoration shops; we even use to have an **electronic repair shop** that is gone with the wind. I am appealing to the best, most efficient and greenest nature in you and our real estate specialist, who could bring this electronic repair shop and may others back. Too costly? Not so much with a little help of federal grants to make the floor space more affordable like the EPA grants for pollution and prevention and even some other regional and federal ones for green economic development.

We could bring at least one grocery store selling things by Bulk. This *old practice* is now the latest trend in cities at the edge of efficiency and sustainability; and even a sustainable regionally raised meat from a local butcher! Like in Old Town’s golden times!

We could attract successful reuse artist as Vik Muniz or regional entrepreneurs that are already making a difference like this lady Marci Zaroff and her store MetaWear, now based in Fairfax, a pioneer for Eco Fasion.

Imagine going one step further and hosting and having Green roofs through Old Town and onsite composting in-vessel processor right here or on a nearby site to process all organics from small restaurants and residents.

Is this too much to ask? Maybe my Christmas list may sound too long. But see, I am still a believer in community action and in the power of an idea. I’ll go back to reality leaving this podium and will continue to try to live and raise a new urban green family in this, our beloved, Old Town hoping I touched a fiber of your interest and connected with your imagination. I hope some of these wishes become part of the legacy you will pass on to this town and this community so they get to see the light of day for decades to come.

Happy Holidays and thank you for your devoted service!



Daniela Ochoa Gonzalez