

**From:** Jim Wassner <jimwassner@gmail.com>  
**Sent:** Tuesday, October 18, 2022 6:23 AM  
**To:** BOS-District I; BOS-District II; oldbosthree edcgov; bosfour-old edcgov; BOS-District V; BOS-Clerk of the Board  
**Cc:** Marian Washburn; tita bladen; Raelene Nunn; lisbeth powell  
**Subject:** Item # 25 22-1822 1:30 Forebay Park

Honorable Supervisors,

The final map in the presentation for the Forebay Park includes an unpaved perimeter trail and an area for exercise equipment.

As a former 20-year resident of Pollock Pines, I ask the Board to ensure that senior sports equipment will be included in this park for the many senior residents of Pollock Pines.

Just as it's important for growing children to exercise, it's incredibly important for older men and women to integrate a holistic fitness routine into their daily lives. Your regime should change as you get older, so it includes suitable exercises that don't cause excessive discomfort or exhaustion, but are challenging enough to build and balance muscle. Senior sports equipment strengthens the motor skills and manual dexterity of the elderly.

Walking trails need to be wide enough to accommodate both walkers and cyclists at the same time. Trails in El Dorado Hills have had issues for both walkers and cyclists due to their lack of width.

Please consider including senior sports equipment and wider walking trails in this and any other county park you are planning.

Thank you for your attention to these matters,

Jim Wassner

Senior Advocate

Former Pollock Pines resident