



**Allegheny County  
Parks and Recreation  
Comprehensive Plan  
April 2019**



**Alleghany County Parks and Recreation  
Department  
Jim Brown, Director  
348 South Main Street  
PO Box 366  
Sparta, NC 28675  
(336) 372-2942  
[alleghanycounty-nc.gov/recreation.php](http://alleghanycounty-nc.gov/recreation.php)**



Prepared with assistance from:  
High Country Council of Governments  
Michelle Ball, Regional Planner  
Cory Osborne, Regional Planner  
468 New Market Blvd.  
Boone, NC 28607  
(828) 265-5434

# Allegheny County Parks and Recreation Comprehensive Plan

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# **Executive Summary**

## **Introduction**

The Alleghany County Parks and Recreation Comprehensive Master Plan is based upon a review of the entire community, an inventory of the existing park system, the identification of user needs, and planned recreation projects for the future. The plan is intended to be a framework from which the County and the Parks and Recreation Department can further develop its park system.

## **Comprehensive Master Plan Purpose**

The Alleghany County Board of Commissioners and the Alleghany County Parks and Recreation staff have recognized the importance in preparing a Comprehensive Master Plan for the County. The purpose of this Comprehensive Master Plan is to formulate proposals and recommendations for the growing needs for recreation in Alleghany County. This plan will guide the actions concerning:

- Future recreation facilities
- Renovation of existing facilities
- Cooperative efforts in providing recreation opportunities

The Plan is organized into four major components:

- Review of Demographic Information
- Inventory of Existing Recreation Park Facilities and Programs
- Community Engagement
- Goals and Recommendations

## **Review of Demographic Information**

The demographic information for Alleghany County has been reviewed to gain an understanding of the unique characteristics of the community and to identify factors that may influence recreation and park planning. Alleghany’s population growth projections are shown in the table below.

<b>Alleghany County – Projected Population</b>					
<b>2019</b>	<b>2020</b>	<b>2025</b>	<b>2030</b>	<b>2035</b>	<b>2037</b>
11,297	11,236	11,482	11,634	11,792	11,854

Source: NC Office of Budget and Management

The population in Alleghany County is growing older. The median age of the County has risen from 45.9 years to 49.2 years in less than a decade. The population aged 65 and over has increased by 18.6% during the same time period.

The 2017 median household income in Alleghany County is one of the lowest of the surrounding counties at \$38,994. It is also 29.2% lower than the State average and 48.0% lower than the National average making Alleghany County more economically distressed in comparison.

Alleghany County has a higher rate of diabetes than the State average, a higher suicide rate, and has inadequate access to health care. Access to primary care physicians, dentists, registered nurses, and physician assistances are well below the State averages.

Future residential, commercial, and manufacturing development will follow the available water and sewer line extensions provided in and around the Town of Sparta. Other residential growth will occur due to second-home development throughout the county.

### **Existing Facilities Inventory**

Review of recreational facilities in the county was performed by using information provided by the Park and Recreation Department and site visits. The facilities were categorized by County, Town, school, private, federal, and state. Alleghany County currently owns six recreation facilities including the Alleghany County Fairgrounds and the Alleghany County Senior Center. Other facilities are owned by the Alleghany Board of Education, Town of Sparta, and the state and federal governments. This section contains information on how the parks and recreation department is structured and operated, a spreadsheet indicating what recreational opportunities exist at each facility in the county, and a Map depicting existing recreational facilities.

### **Community Engagement**

Input from the community has been an important component of the Comprehensive Plan. Alleghany County conducted a community recreation survey, with options to respond online or on paper, to gain insight on what the citizens of Alleghany desire recreationally.

The County received 280 responses from the surveys with few surprising results.

- Most felt that the maintenance and upgrading of existing facilities were more important than new parks or facilities.
- Improvements at Duncan Recreation Center received a large number of positive responses
- People also wanted to see more hiking/biking/walking trails in the County

Community meetings were also held in several areas in the County. Attendees filled out surveys, stated their recreational wish list on an interactive board, and a few were selected for one-on-one interviews to get their opinions on recreation in Allegheny County. The information from the community meetings seemed to echo the results from the surveys including:

- Improvements at Duncan Recreation Center
- More Trails (walking/hiking/biking/horse riding)
- Upgrades at the Fairgrounds
- Multi-purpose fields for tournament play
- River access

Input was also gathered from a series of meetings with recreation stakeholders to discuss their involvement in recreation and what facilities they thought the county needed more of. The Allegheny County Parks and Recreation staff were also instrumental in determining needs because of their day-to-day experience.

### **Goals and Recommendations**

Goals were developed to state the focus and purpose of the Allegheny County Parks and Recreation Department. All future decisions involving future facility development should be in accordance with the goals.

A recommendations list was developed from the results of the community surveys, community meetings, stakeholder meetings, and input from the Parks and Recreation Department staff. Recommendations for future Allegheny parks and recreation projects include:

- Duncan Recreation Center Update
- Spashpad at Duncan Recreation Center
- Trails
- Fairground Improvements
- Sam Brown Park
- Davis Field
- Veterans Memorial Park Improvements
- Sparta Elementary School
- Allegheny County High School – Tennis Courts
- Adult Leagues
- Multi-use fields
- Capital Improvement Plan
- Doughton Park
- Bicycle Lanes
- Website Improvements

The list may be amended if a specific grant opportunity becomes available or a cash or land donation is made for a particular project. Additional staff will be needed as the department's facilities and programs continue to grow.

### **Updating the Plan**

This Plan is a working document. It should be updated as local needs change and as projects are completed. There is no set time frame for a plan update, it should just be done on an as-needed basis.

## **Section 1**

### **Need for Recreation**

Well-planned park facilities and recreation programs can have several positive impacts throughout the community. For many adults recreation is a way to release tension and stress from their busy and hectic lives. Exercise and recreation are also a way to keep minds sharp and bodies in good working order. More and more people are changing their exercise habits to prolong their lives and avoid disease associated with obesity.

Whatever your reason, recreation is an important aspect of our lives. For those that are not able to be physically active, passive opportunities need to be available. Everyone understands that increased recreational opportunities improve our overall health, but communities should also recognize the other benefits recreation can have on a community.

Besides the health and social value, parks and open spaces also have economic benefit to the community. Parks have the potential to raise the property value of nearby real estate. Companies considering locating a business in a location often look at quality-of-life issues including parks and recreation activities and facilities.

### **Economic Benefits of Recreation**

The economic impact of parks can be measured in a variety of ways. Parks are one of the most cost-effective ways to lower long-term health care expenditures and reduce costs associated with removing pollutants from the air. Parks also serve as a catalyst for economic development by often increasing the value of nearby properties, increasing property tax revenue, and attracting businesses and trained employees in search of a high quality of life.

The success of many businesses depends on the ability to attract and recruit key employees. A deciding factor for many of these individuals is civic amenities near the business. No matter how “quality of life” is defined, park and recreation opportunities are likely to be a major component of it.

Recreation is and can prove to be an even greater economic force in Alleghany County’s economy. The need for clothing and equipment associated with recreation programs stimulates retail sales. Through local running and bicycling events, money is brought into the area by visitors. While here, they eat in local restaurants, stay at local hotels, and purchase other goods and services.

## **Quality of Life**

According to the American Heritage Dictionary, the definition of recreation is "the refreshment of one's mind or body after work through activity that amuses or stimulates play". There are many natural amenities that draw tourists to Alleghany County and offer a natural playground for locals.

One concern of Alleghany County leaders in recent years is the loss of families; young adults with children. There has been a major decline in Alleghany County in the population of 25-34 year-olds and children 0-19 years old in the past ten years. One theory is that these families have chosen to move to larger urban areas in search of work and more opportunities. By actively investing in recreation and offering more programs and opportunities for these age groups, Alleghany County can influence families to stay in the area.

At the same time, Alleghany County has experienced a 18.6% increase in the elderly population; ages 65-84. In addition to the resident population growing older, Alleghany County seems to be attracting more retirees to the area. By consciously creating an environment where people of all ages can spend time together doing active and passive recreational activities, the County can greatly increase the quality of life for all.

## **Environmental Preservation**

Preservation of land is an effective way to protect our environment. The creation of park lands not only preserves the area, but can affect water quality by creating buffers to the streams and rivers and protects plant and wildlife habitats.

## **Health Benefits**

### Physical Health

One of the obvious benefits of recreation is its health benefits. Physical exercise helps our bodies function properly and strengthens our resistance to diseases and sicknesses.

Physical activity can also reduce the likelihood of becoming obese. According to the NC Department of Health and Human Services, from 2013-2017, 145 deaths were caused in Alleghany County by heart disease and 141 deaths were related to cancer.

## Mental Health

Mental health can also be improved by participating in different forms of recreation. Parks can help improve mental health in a variety of ways, from simply providing actual green space for people to engage in their natural surroundings, to facilitating programs like tai chi and yoga to engage the mind and body (National Parks and Recreation Association) .

Stress is a common problem for all ages and is something everyone copes with in their own way. Recreation can help relieve the stress that we carry home from work and school. The fellowship one gains from participating on a team can boost self-esteem levels. Feeling good about yourself can spill into all areas of your life. Recreation gives someone something constructive to do and keeps their time occupied in a positive manner.

## **Section 2**

### **Demographic Information**

#### **Introduction**

Alleghany County is located in the northwestern portion of the state's mountain region on the North Carolina-Virginia state line. Alleghany County is best known for its mountainous terrain, with several peaks reaching elevations of 4,000'. The average elevation of Alleghany County is 2,939 feet above sea level. A high percentage of the county's slope classification is between 5.1% and 15%. Generally, smaller creeks make up the majority of the water bodies, with the New River being its largest. The New River begins in neighboring Watauga County and flows north through Ashe into Alleghany. It is a very popular recreational resource for boating and fishing.

In 2010 the population of Alleghany County was 11,115. Sparta, Alleghany County's only town and the county seat, had a population of 1,770 (*US Census 2010*). Alleghany County has a total area of 234.38 square miles, with 233.03 square miles of land area.

The major roads in the county are U.S. 221, U.S. 21, N.C. 18, N.C. 113, and N.C. 93. The closest major interstate is I-77 and is approximately 25 miles away.

The demographic information relating to Alleghany County has been reviewed to gain an understanding of the unique characteristics of the community and to identify factors that may influence parks and recreation planning.

#### **Population Characteristics**

<b><u>Population of Alleghany County 1960-2010</u></b>		
<b>Year</b>	<b>Population</b>	<b>% Change</b>
1960	7,734	
1970	8,134	5.17%
1980	9,587	17.86%
1990	9,590	0.03%
2000	10,680	11.37%
2010	11,155	4.45%

Source: US Census

When examining the changes in population in Alleghany County over the past 50 years there tends to be a bit of a rollercoaster effect. Population change between 1970 and 1980 was at 17.86%. By the next census count in 1990 the population only increased by 0.03%. Then by 2000 another growth spurt raised the population by 11.37%.

Total population projections for Alleghany County through 2037 exhibit an insignificant amount of growth, increasing no more than 4% over the next 19 years.

<b>Alleghany County – Projected Population</b>					
<b>2019</b>	<b>2020</b>	<b>2025</b>	<b>2030</b>	<b>2035</b>	<b>2037</b>
11,297	11,236	11,482	11,634	11,792	11,854

Source: NC Office of Budget and Management

By looking at the population changes by age from the 2010 Census and comparing them to the 5-year estimates from the 2013-2017 American Community Survey, a clear pattern emerges, Alleghany County is getting older. Not only has the median age of the county risen from 45.9 years to 49.2 years since the 2010 Census, but the youth population (ages 0-19) has decreased by 10% and the elderly population (65 and older) has increased by 18.6%.

**Alleghany Population by sex and age**

	<b><u>2000 Census</u></b>	<b><u>2010 Census</u></b>	<b><u>% Change 2000-2010</u></b>	<b><u>2013-2017 ACS</u></b>	<b><u>% Change 2010-2017</u></b>
<b>Total Population</b>	<b>10,677</b>	<b>11,155</b>	4.48%	<b>10,935</b>	<b>-1.97%</b>
<u>Sex</u>					
Male	5,259	5,532	5.19%	5,445	<b>-1.57%</b>
Female	5,418	5,623	3.78%	5,490	<b>-2.37%</b>
<u>Ages</u>					
Under 5	555	581	4.68%	539	<b>-7.23%</b>
5 to 9	581	578	<b>-0.52%</b>	529	<b>-8.48%</b>
10 to 14	566	658	16.25%	542	<b>-17.63%</b>
15 to 19	613	679	10.77%	632	<b>-6.92%</b>
20 to 24	544	504	<b>-7.35%</b>	617	22.42%
25 to 34	1,306	1,084	<b>-17.00%</b>	736	<b>-32.10%</b>
35 to 44	1,500	1,361	<b>-9.27%</b>	1,313	<b>-3.53%</b>
45 to 54	1,571	1,637	4.20%	1,494	<b>-8.74%</b>
55 to 59	735	872	18.64%	915	4.93%
60 to 64	653	897	37.37%	886	<b>-1.23%</b>
65 to 74	1,153	1,282	11.19%	1,585	23.63%
75 to 84	635	754	18.74%	894	18.57%
85 and over	265	268	1.13%	253	<b>-5.60%</b>
Median Age	43.0	45.9		49.2	

Sources: US Census and American Community Survey (2013-2017 5-year estimates)

## Population Distribution

The Town of Sparta is the only municipality in Alleghany County, and the location of most of the recreation facilities. Sparta's population in 2010 of 1770 was nearly 16% of the total population in Alleghany County.

There are seven townships in Alleghany County - Cherry Lane, Cranberry, Civil Gap, Glade Creek, Piney Creek, Prathers Creek, and Whitehead. Unincorporated communities are located within the townships. These communities contain a limited amount of urban development, in other words possibly a school, church, post office, volunteer fire department, community center, or limited commercial services surrounded by a low-density rural environment. Some growth may occur in these areas, but mostly of the low-density residential type. It may be possible that limited commercial development may occur at suitable locations near crossroads or road intersections.

The Civil Gap Township has the highest population density in the County. This is not a surprise given the town limits of Sparta are included in this Township.

(Map #1 - Alleghany County Townships)

### Township Population, Area, Density

Township	2000 Population	2010 Population	% Change	Area (Square Miles)	2010 Population Density
Cherry Lane	1,625	1,528	-5.97%	41.50	36.82
Cranberry	429	375	-12.59%	24.40	15.37
Civil Gap	4,177	4,474	7.11%	35.20	127.10
Glade Creek	1,935	1,991	2.89%	51.47	38.68
Piney Creek	807	858	6.32%	25.90	33.13
Prather's Creek	774	869	12.27%	37.30	23.30
Whitehead	930	1,060	13.98%	19.80	53.54
<b>Totals</b>	<b>10,677</b>	<b>11,155</b>	<b>4.48%</b>	<b>235.57</b>	<b>47.35</b>
Town of Sparta	1,818	1,770	-2.64%	2.4	737.5

Source: US Census

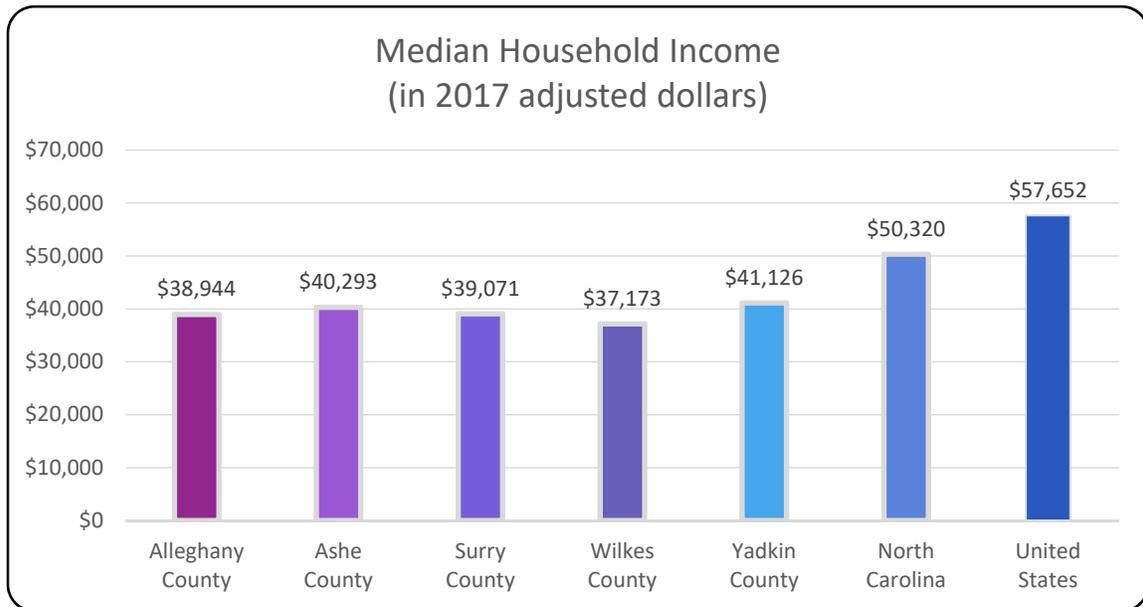
## Economic Profile

Alleghany County's small workforce, coupled with the region's lack of transportation routes and business infrastructure, make economic development considerably more difficult than in other parts of the state. Many residents go out of the county for employment and many purchase their goods and services in neighboring cities.

Alleghany County does have a strong recreation and tourism base. Ongoing marketing campaigns are drawing more tourists to the area and improved recreation (new trails, improved facilities) will help with that effort.

Alleghany County and the Town of Sparta are also working together to recruit industrial and manufacturing type jobs into the county.

Alleghany County's median household income (MHI), in comparison with surrounding counties is very similar, only higher than Wilkes County. However, compared with the rest of the state the county MHI is 29% lower and more than 48% lower than the national average.



Source: 2013-2017 American Community Survey 5-year Estimates

Agriculture plays a large role in Alleghany County's economy. Cattle and Christmas trees are the County's major commodities.

According to the North Carolina Department of Commerce, the manufacturing industry is the leading employment sector. Healthcare and social assistance employ 18.66% of the workforce. Retail Trade and Arts, Recreation, & Entertainment employ 10.92% and 10.09% of the workforce respectively. (*N.C. Department of Commerce*)

In 2017, 47.05% of Alleghany County’s population over the age of 19 was in the labor force and the 2017 annual unemployment rate was 5.2 %. The median household income was \$38,994, which ranked 69<sup>th</sup> in the state. The estimated population below the poverty level in Alleghany County was 20.9%, compared to the NC poverty rate North Carolina of 15.4%. (*N.C. Department of Commerce*)

With the New River designated an American Heritage River, boating and fishing abound in Alleghany. Visitors travel from long distances to fish the clear, cool mountain waters in hopes of landing a trout. Rafting and canoeing outfitters take groups on guided tours on the New River. Hunting is also very popular with an abundance of deer and turkey living in all areas of the county including the Saddle Mountain Game Reserve, an expansion of the Mitchell River Games Lands. Alleghany County has approximately 15 miles of the Mountain -To-Sea Trail (MST). Combined with nearby Stone Mountain State Park and the Blue Ridge Parkway, visitors have a plethora of trails to hike to see the beautiful mountain vistas.

**Impact of Visitor Spending in Alleghany County  
2007-2017**

<b>Year</b>	<b>Expenditures (\$millions)</b>	<b>Payroll (\$millions)</b>	<b>Employment</b>	<b>Local Tax Receipts (\$millions)</b>
2017	\$24.77	\$4.78	190	\$1.68
2016	\$23.83	\$4.42	190	\$1.59
2015	\$22.48	\$4.13	180	\$1.50
2014	\$23.21	\$4.09	180	\$1.53
2013	\$22.00	\$3.84	180	\$1.45
2012	\$21.94	\$3.80	180	\$1.42
2011	\$21.62	\$3.76	180	\$1.45
2010	\$20.72	\$3.70	180	\$1.44
2009	\$19.68	\$3.73	190	\$1.40
2008	\$19.39	\$3.69	180	\$1.36
2007	\$19.43	\$3.65	180	\$1.35

Source: US Travel Association

## Health Indicators

Research shows a strong correlation between regular exercise and good health. Physical activity can lower the risk of early death, heart disease, stroke, diabetes, high blood pressure, some cancers, depression and other maladies.

The US Department of Health and Human Services' recommendations for physical activity are as follows (Appendix I):

- Children and adolescents (ages 6-17) should do 60 minutes (1 hour) or more of moderate-to-vigorous physical activity daily.
- Adults should do at least 150 minutes (2 hours 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour 15 minutes) to 150 minutes (2 hours 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity.
- Adults with chronic conditions or disabilities, who are able, should also do muscle strengthening activities 2 or more days a week, as these activities provide additional health benefits.

A report from the NC Department of Health and Human Services studied key health indicators by county with comparable state averages. The chart below shows various health indicators where exercise and recreation can be factors. Alleghany County compares favorably with the rest of the state in most categories except diabetes and more notably suicides, which is almost double the state average.

<b>Death Rates per 100,000 Population</b>	<b>Alleghany County</b>	<b>North Carolina</b>
Heart disease	156.1	163.7
Cardiovascular disease	202.7	221.9
Diabetes	<b>25.5</b>	22.8
Stroke	29.3	43.1
Cancer (colorectal, lung, breast, & prostate)	305.7	351.4
Suicide	<b>24.3</b>	12.7

Source: NC Department of Health & Human Services

Top Ten Leading Causes of Death in Allegheny County 2013-2017			
Rank	Cause of Death	Number of Deaths	Death Rate per 100,000 population
	Total Deaths - All causes	669	1223.6
1	Diseases of the heart	145	265.2
2	Cancers - All Types	141	257.9
3	Alzheimer's Disease	46	84.1
4	Chronic Lower Respiratory Diseases	43	78.6
5	Cerebrovascular Disease	28	51.2
6	Other Unintentional Injuries	26	47.6
7	Diabetes Mellitus	24	43.9
8	Nephritis, Nephrotic Syndrome, and Nephrosis	19	34.8
9	Pneumonia & Influenza	13	23.8
9(tie)	Suicide	13	23.8

Source: NC Department of Health & Human Services

The Health & Human Resources' health indicators study (see Appendix I for the full report) also provides data on access to health care per county. Compared with the rest of the state Allegheny County has limited access to health care making recreation even more important in helping control chronic diseases.

Access to Health Care		
Per 10,000 residents	Allegheny County	North Carolina
Primary Care Physicians	6.3	8.6
Dentists	1.8	4.7
Registered Nurses	51.4	105.5
Physician Assistants	1.8	4.8

Source: NC Department of Health & Human Services

Access to Mental Health Care		
Per 10,000 residents	Allegheny County	North Carolina
Mental Health Facilities	2.7	2.2
Mental Health Providers		
Physician Group	0.0	0.3
Individual Physician	0.9	0.9
Individual Provider	7.2	6.2

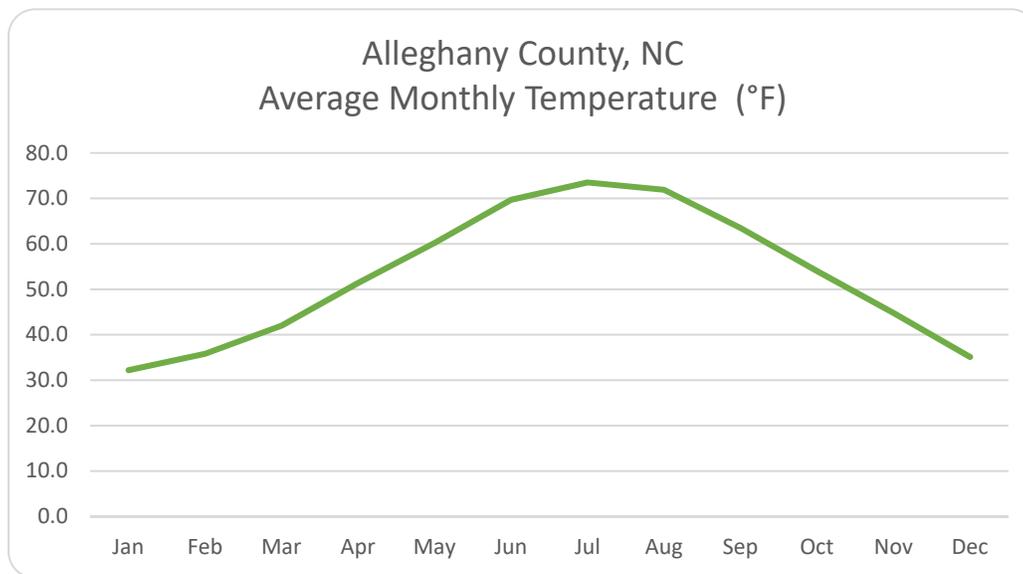
Source: NC Department of Health & Human Services

## **Section 3**

### **Natural Features and Climate**

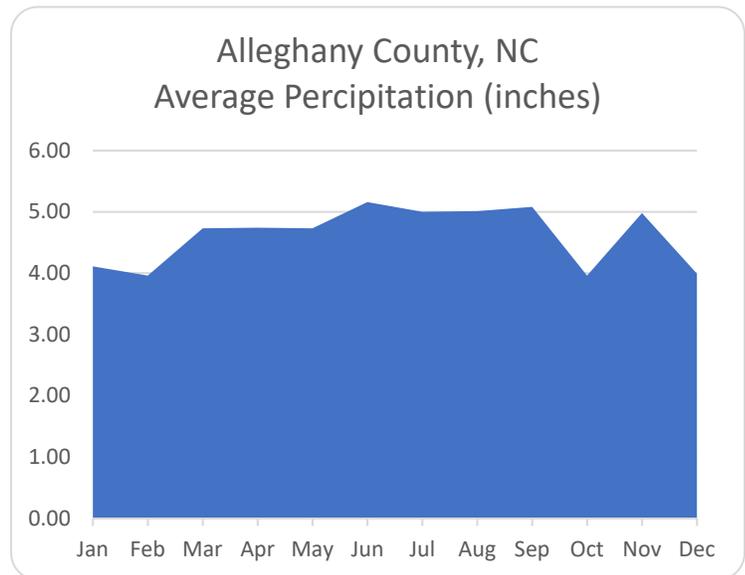
#### **Climate**

Alleghany County climate is characterized by four distinct seasons. Summers in the county are slightly cooler than in the foothills areas to the east and south, with temperatures seldom rising above 90°F. In the winter, however, temperatures can frequently be cooler than the typical southern state. Daytime highs can fall into the teens or lower; and snowfall can be heavy at times. This type of climate can limit recreation opportunities with such short summers, normally beginning late May and lasting through August. Outdoor activities like baseball, soccer, and swimming require a more concentrated season compared with areas in the central and eastern parts of the state.



Source: USClimateData.com

On average Alleghany County gets 47 inches of rain per year; the US average is 39 inches (Weather.com). In addition, the County gets about 19 inches of snowfall each year (Weather.com) . Alleghany County has, on average, 100.1 days of precipitation annually (NC Climate Office) which can affect opportunities for outdoor recreation and makes planning games and other activities difficult.



Source: Weather.com

### Surface Water

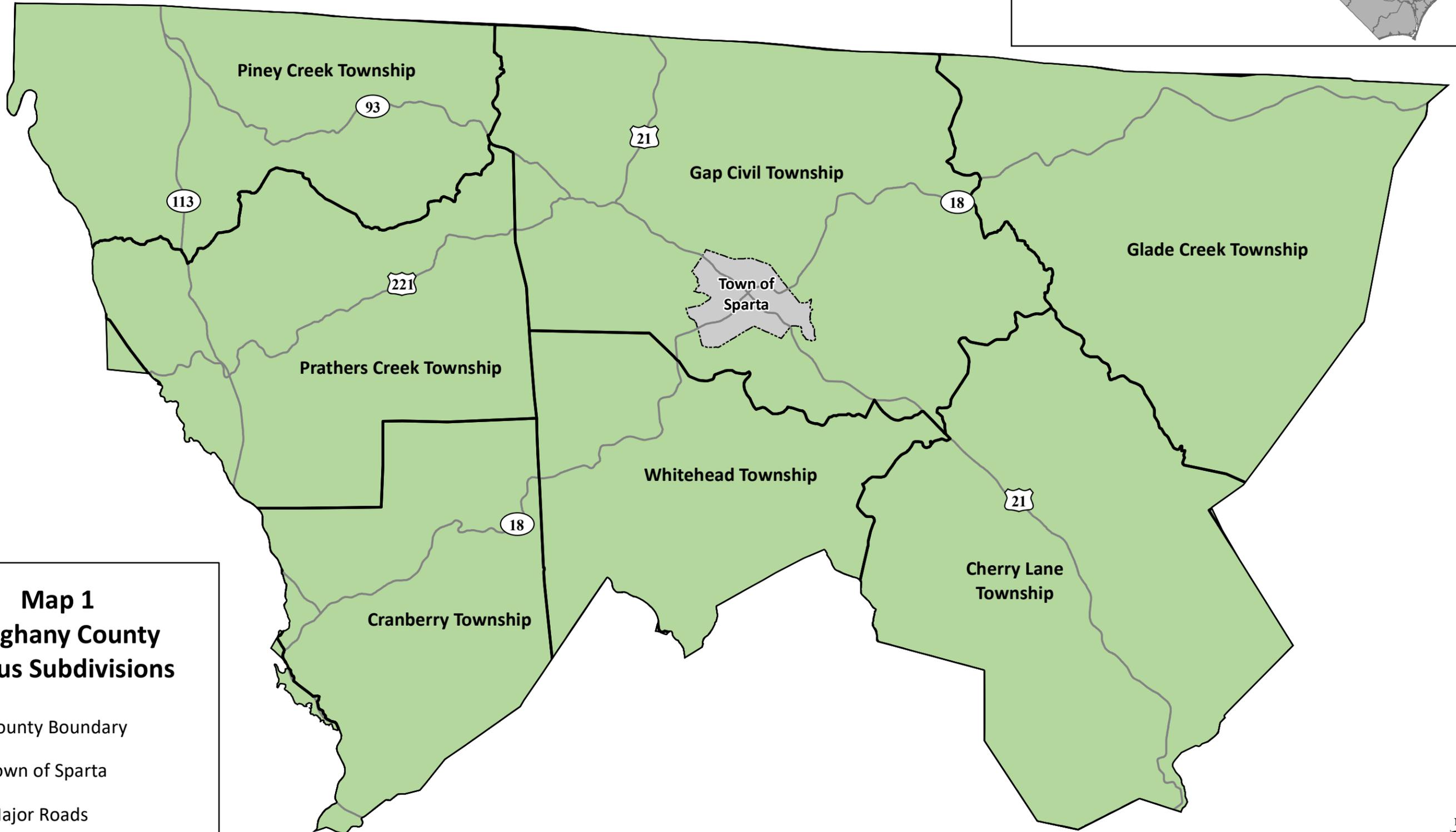
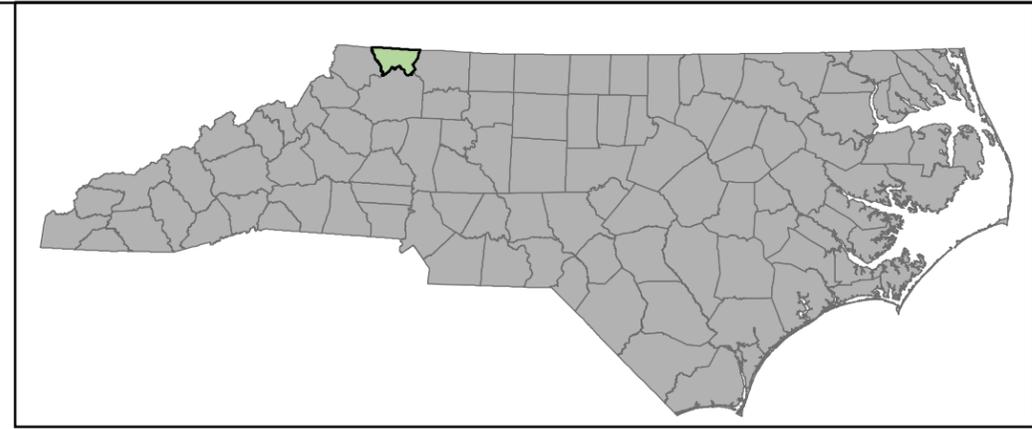
The majority Alleghany County is in the New River Basin with a small portion around the southern and eastern borders in the Yadkin River basin. The New River meanders into the County at two locations; at the north west corner and along the central northern boarder with Virginia. The New River offers many recreation opportunities including camping, rafting, canoeing, kayaking, and fishing. There are river accesses located at the New River State Park and New River Campground & Canoe. The Little River, a tributary of the New River, also flows through Alleghany County and the Town of Sparta offering opportunities for fishing and paddle sports.

Alleghany County is also home to many designated public mountain trout water streams (Map #2 - Designated Public Mountain Trout Water). These streams are a mixture of hatchery supported waters and wild trout waters.

### Topography

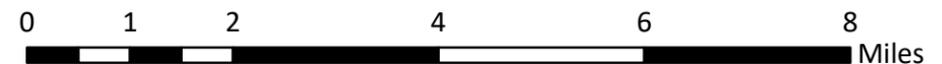
Alleghany County is located in the North Carolina Mountains bordering Virginia, to its north. The entire county lies west and north of the Blue Ridge Escarpment. Alleghany’s topography can be generally described as “rolling plateau” with elevations ranging from 1,500 ft at the southern border to its highest point at Peach Bottom Mountain – Catherine Knob at 4,175 ft above sea level. Such extremes in elevation provide a range of walking and hiking opportunities in Alleghany County. (Map #3 - Alleghany County Topography )

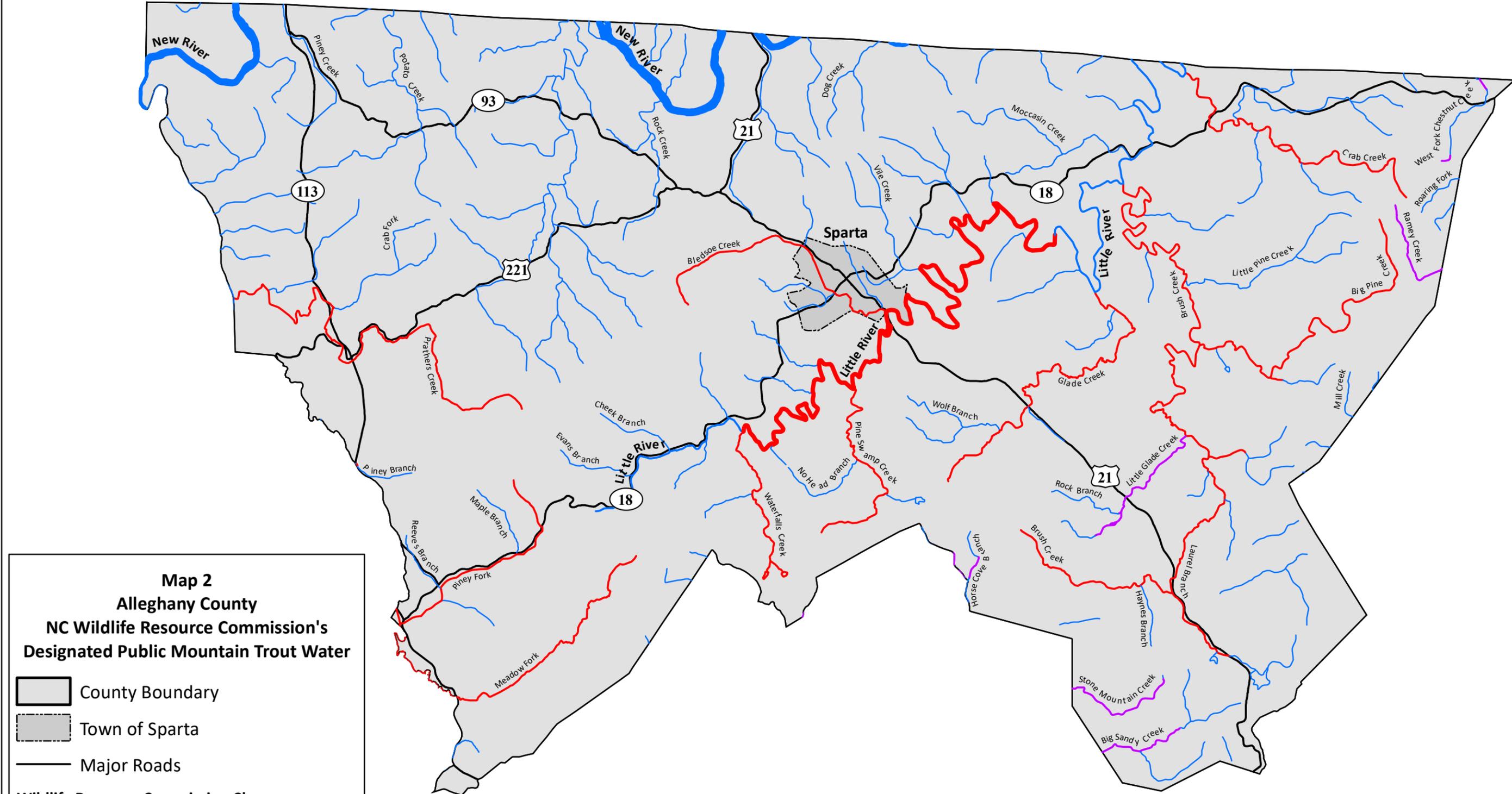
Portions of Alleghany County are located in defined floodplains. These areas are largely limited to areas along the South Fork of the New River, the New River, and the Little River. Development within floodplains has restrictions; however, they can be an excellent resource for parks and recreation development. (Map #4 - Alleghany County Flood Hazards)



### Map 1 Alleghany County Census Subdivisions

- County Boundary
- Town of Sparta
- Major Roads
- Census Subdivisions





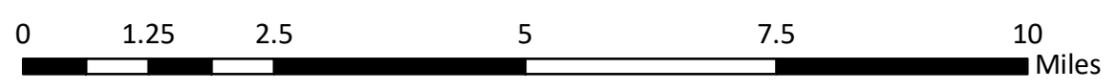
**Map 2**  
**Alleghany County**  
**NC Wildlife Resource Commission's**  
**Designated Public Mountain Trout Water**

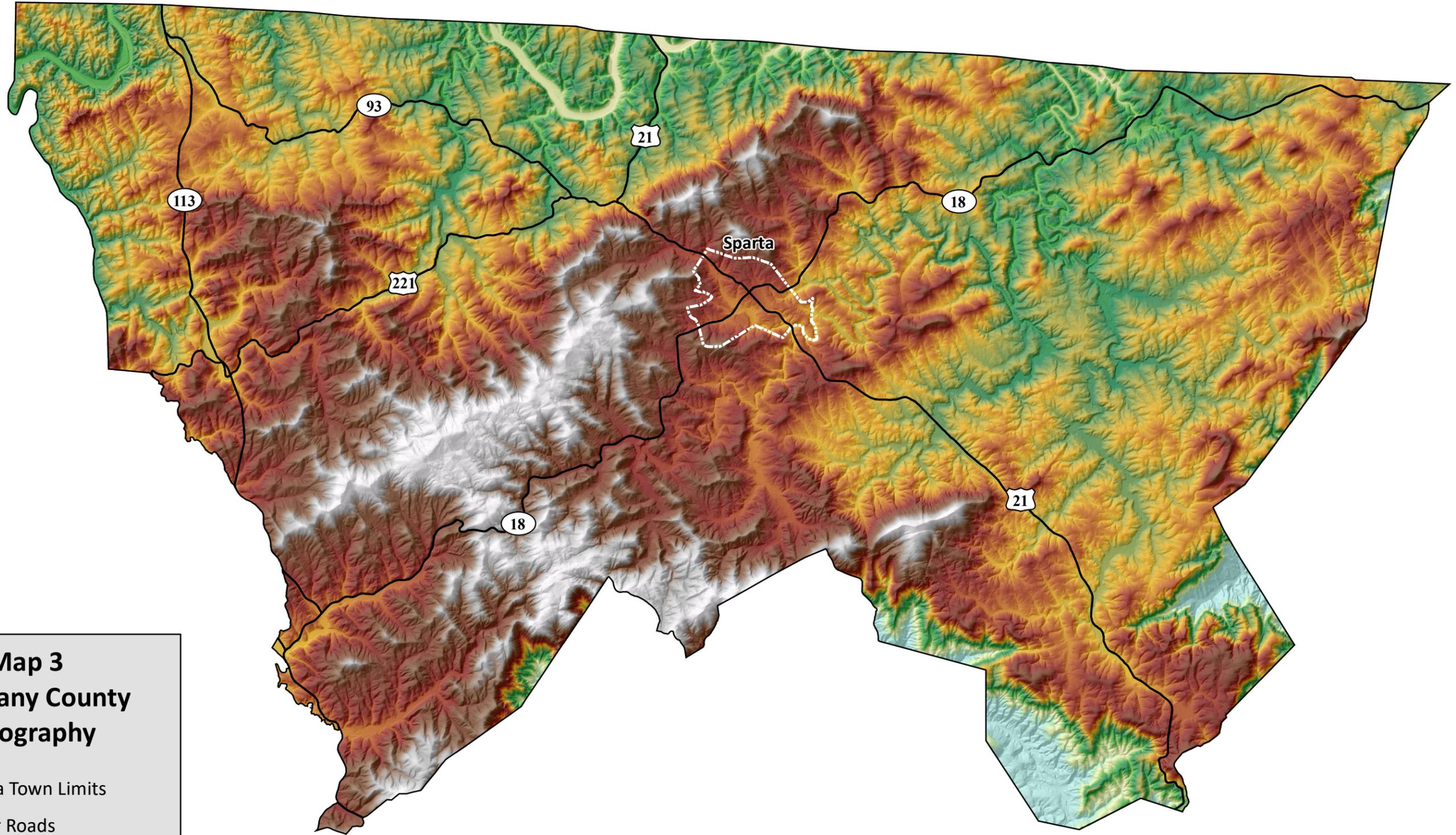
- County Boundary
- Town of Sparta
- Major Roads

**Wildlife Resource Commission Class**

- Hatchery Supported Water
- Undesignated Water
- Wild Trout Water

Map created by High Country Council of Governments





**Map 3  
Allegheny County  
Topography**

 Sparta Town Limits

 Major Roads

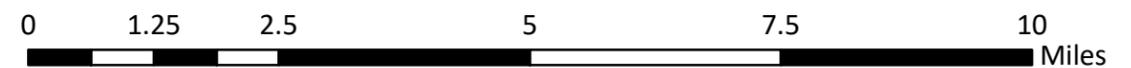
**Elevation**

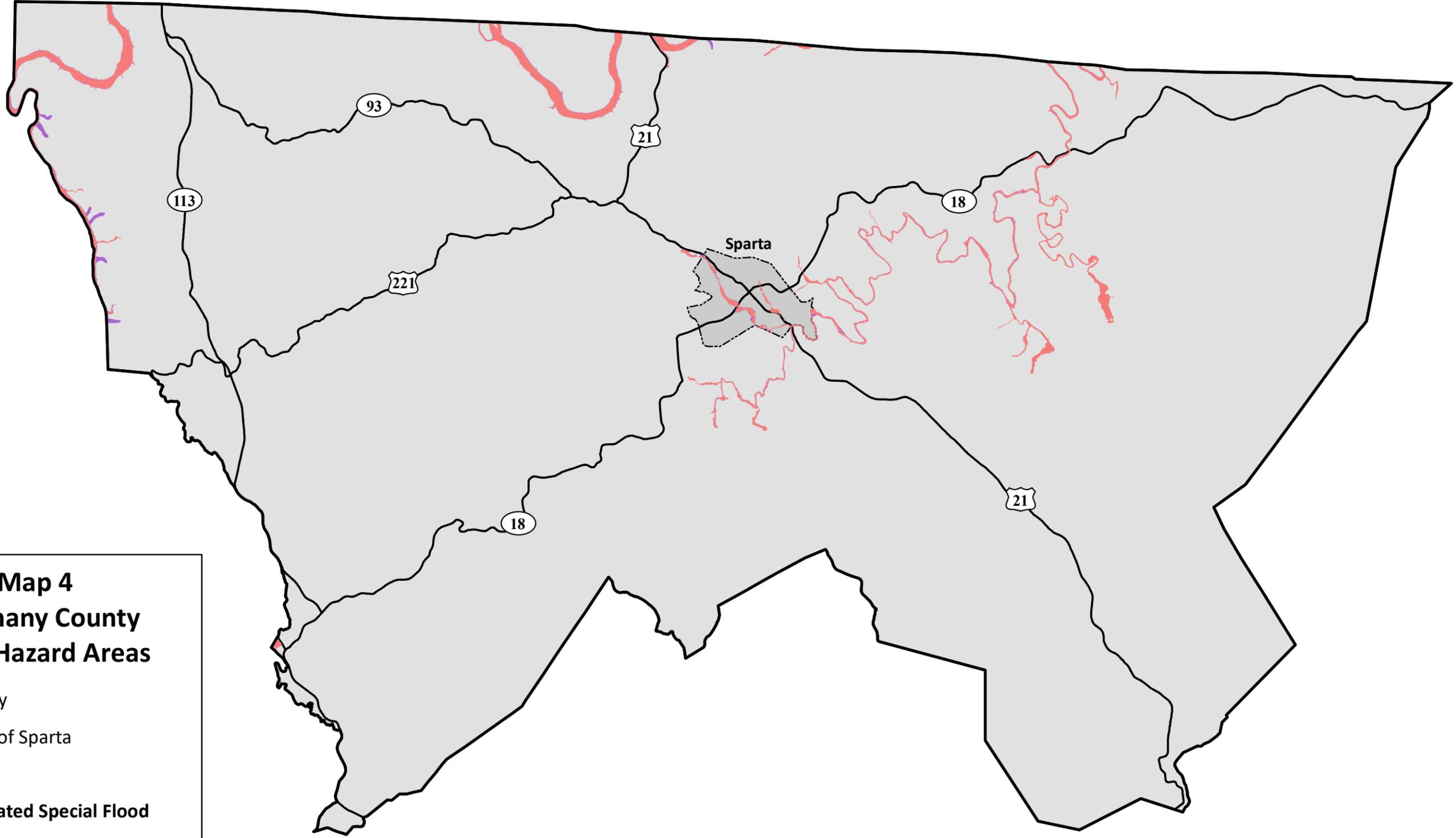
 - High : 4,161 ft

 - Low : 1,565 ft



Map created by High Country  
Council of Governments



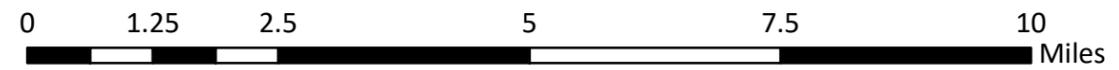


**Map 4  
Alleghany County  
Flood Hazard Areas**

-  County
-  Town of Sparta
-  Major
- FEMA-Designated Special Flood Hazard Areas**
-  0.2 Percent Annual Chance (500-year Floodplain)
-  Zone AE - 1 Percent Annual Chance (100-year Floodplain)



Map created by High Country Council of Governments



## **Section 4**

### **Existing Parks & Recreation System**

#### **Alleghany County Parks and Recreation Overview**

The Alleghany County Parks and Recreation Department was created in February 2003. The duties of the department are carried out by two staff persons, Recreation Director and Recreation Coordinator. The Parks and Recreation Department is responsible for the budget and fiscal activities of the department, and for providing management of parks and recreation facilities and programs. The department is also charged with the task of seeking additional revenue sources such as grants and donations.

Organized recreation in Alleghany County was first established with the creation of four non-profit organizations: the Alleghany County Recreation Commission, the Little League Association, the Alleghany Fairgrounds, and the Wellness Center. The Alleghany County Recreation Commission has since been disbanded and the Little League Association was replaced by the Tar Heel League, a state-wide little league association based out of Smithfield, NC. The Alleghany County Parks and Recreation Department continues to work closely with the Alleghany County Fairgrounds and Wellness Center to coordinate recreation activities and events in the County.

In 2019 the Alleghany Parks and Recreation Department established an online system that allows for registration and payment for county youth sports leagues, reservations of park facilities for private events, and provides an up-to-date schedule of events. This service, available 24 hours a day 7 days a week, makes it much easier for the children of working parents to participate in sports and citizens to better access the recreational opportunities in Alleghany County.

In addition to the recreation facilities managed by the Alleghany County Parks and Recreation Department, Alleghany County citizens have access Town, State, Federal, and privately managed recreation areas. The following section details each of the existing facilities available in Alleghany County, including a description, location, facilities available, and park needs. ( see Map #5 – Existing Recreation Facilities, pg. 44)

## Facility Inventory

### **Alleghany County Facilities**

#### **Sam Brown Park**

598 Trojan Ave, Sparta, NC

#### Hours of Operation:

Dusk to Dawn

Bathrooms available only during events



Sam Brown Park is a 59-acre park located within the Town of Sparta. Approximately 49 acres of the park is wooded and undeveloped. The land for Sam Brown Park was purchased with a grant from the Land & Water Conservation Fund.

Sam Brown Park is the home of the Sparta Lion's Club. The indoor meeting space provides a place for various group functions. The use of the indoor meeting space is coordinated by the Alleghany County Board of Education and the user fees are donated to the Lion's Club. Students frequently use the facilities due to the proximity to Alleghany High School and Sparta Elementary School.

The following recreational facilities and opportunities are located at Sam Brown Park:

- Playground area
- **Lion's Pavilion** - Large Picnic shelter
- Indoor meeting space with kitchen
- Basketball court with 2 goals
- Cross Country Trail/Summit Trail
- Two horseshoe pits
- Disc golf course (opening Summer 2019)

#### Needs

- Handicap accessible play equipment with accessible route to the playground
- Small individual picnic shelters with new grills
- Accessible walking path around the playground area
- Replacement of existing cable fence
- Parking Lot (bottom end) – improvements
- Lighting
- New sign
- Improvements to the basketball court

**Davis Field**

598 Trojan Ave, Sparta, NC

**Hours of Operation:**

Dusk to Dawn – Bathrooms available during events

Davis Field is located within the Sam Brown Park complex and borders Alleghany County High School. It is currently the only county-owned baseball field in Alleghany County. The property was acquired by the Alleghany County Recreation Commission in 1967, although the development of the lighted baseball field did not take place until 2000. The total cost of the project was \$260,000, half of which came from a grant from the NC Parks & Recreation Trust Fund. The field is the home field for the middle school baseball team and Tar Heel League baseball. The field is also used for T-ball and Coaches Pitch programs. The facility is heavily used from April to October.

The following recreational facilities are located at Davis Field:

- Baseball field
- Concession stand with bathrooms and storage area
- Bleachers
- 2 covered dugouts
- Storage shed
- Paved parking lot

**Needs**

- Connect fencing along the 1<sup>st</sup> and 3<sup>rd</sup> base lines to the outfield fencing
- More parking
- Update the bathrooms

### **Duncan Recreation Center**

490 Trojan Ave, Sparta, NC

Hours of Operation: (weather permitting)

12:00 pm to 5:00 pm Monday-Wednesday-Friday

12:00 pm to 7:00 pm Tuesday-Thursday

12:00 pm to 3:00 pm Saturday

Duncan Recreation Center is located in Sparta adjacent to Sam Brown Park and borders Alleghany County High School property. The pool at this facility was constructed in 1970 and has been a popular recreation spot throughout the years. The pool facility has a building that houses restrooms, locker rooms, an indoor game area, and concessions. In 2007 the facility was renovated; the pool was resurfaced, new decking was installed, new skimmers installed at large pool and kiddie pool, and new ladders were installed.

The following recreation and support facilities are at located at Duncan Recreation Center:

- 25-meter pool (3' to 8' deep) and kiddie pool (1' deep) – built in 1978
- Building that houses concession stand, restrooms, and locker rooms
- parking lot

#### Needs

- Conversion from a chemical chlorine to natural salt water pool
- Handicapped bathroom
- New signage
- Fence replacement
- Depth markers
- Various renovations needed to the building - paint, lighting, doors, etc.
- Splash Pad (to replace kiddie pool)

## Justice Carlisle Higgins Fairgrounds and Agricultural Center County Fairgrounds

1581 US Hwy 21 N, Sparta, NC

### Hours of Operation:

Dusk to Dawn

Bathrooms available only during events

The Justice Carlisle Higgins Fairgrounds and Agricultural Center (or Alleghany Fairgrounds) is a Public Use Facility for recreational, educational, and profitable endeavors. The facility sits on an 82-acre tract and is operated by the Alleghany County Fairgrounds Board who review and approve applications for use of the facility. User fees are determined by the Board.



The Fairgrounds are home to various annual events including the Fiddler's Convention, Fiber Fest, the Alleghany Quilters Guild, and Christmas Craft Fair. The Fairgrounds are also the site of events such as rodeos, demolition derbies, mudslings, and lawnmower races.

The following facilities are available at the Fairgrounds:

- **Emerson Black Building** – for indoor exhibitions, plus kitchen (only available for rental)
- Covered grandstands with large covered picnic area and paved walking area
- Concessions stand
- Large dirt arena – 250' x 125'
- Portable stage – 12' x 40'
- Sound system (available for a fee)
- Camping area with over 125 RV sites
- Open exhibition barn with movable livestock pens



Needs:

- New stage
- Electrical and water updates for all camping areas.
- New foot bridge across Bledsoe Creek

## Veterans Memorial Park

Duncan Street, Sparta, NC

### Hours of Operation:

Dusk to Dawn

Bathrooms available through rental of pavilion

Portable bathrooms at soccer fields



Veterans Memorial Park is a 12.5-acre park located between US Highway 21 and Veterans Memorial Highway (Sparta Bypass). The park is a recent addition to Alleghany County officially, opening in June 2015.

The following recreational and support facilities are available at Veterans Memorial Park:

- 1/3-mile walking track
- Four soccer fields – 300' x 150'; 135' x 90'; 120' x 75'; and 90' x 60'
- Picnic shelter with bathrooms and concession area
- Fishing accesses (4)
- Veterans Memorial Wall
- Veterans Memorial Bench
- Veterans Memorial Brick Path
- Dog waste stations (3)
- Tree identification signage

Needs:

- Additional grading of soccer fields
- Playground equipment
- Bledsoe Creek stream restoration



### **Alleghany Council on Aging- Senior Center**

85 E. Whitehead Street, Sparta, NC

#### Hours of Operation:

8:30 am to 4:30 pm Monday-Thursday

The Alleghany County Senior Center is a County owned facility operated by the Alleghany Council on Aging. The center offers a place for older adults who want to be engaged in their communities and with their peers. The center provides the services older adults need to be healthy, happy, and as independent as they can be. The Alleghany County Senior Center is located across the street from Crouse Park, which is utilized by the seniors year round, especially during training for the Senior Games.

The following recreational facilities/activities are available at the Alleghany County Senior Center:

- Small fitness room with bikes and treadmills
- Televisions for exercise videos and to play Wii video sports games
- Activities coordinated with the Alleghany Wellness Center
- Inter-generational programs coordinated with Alleghany Head Start

#### Needs

- A new facility – relocation is necessary to accommodate County Court Offices
- Pool table
- Painting classes

## Town of Sparta Facilities

### Crouse Park

314 Cherry Street, Sparta, NC

#### Hours of Operation:

Dusk to Dawn

Crouse House available by reservation only



The house and 3.9 acres of land that make up the park were originally the home of Floyd Crouse, a prominent Sparta citizen. The house was constructed around 1930 and served as a residence until 1983, when the house and property were given to the Town with the stipulation that the Town would maintain the estate “for use as a recreation park.” Since then, the Town of Sparta has developed various outdoor recreation facilities on the land (picnic shelters, basketball goals,

playground equipment, etc.) and maintained the house for use for various functions. A restriction in the deed states that if the property is not properly maintained and used for recreation purposes, the property must be sold, with the proceeds given to a charity. Many of the outdoor recreation features were developed using Land and Water Conservation Funds. Recently, the Town received a grant to renovate the house by installing new windows, heating, and other various updates.

Being the only Town park, Crouse Park and Crouse House are heavily used by Sparta citizens. At any given time in the summer, several dozen people can be seen on the park’s walking trail. The picnic shelters are reserved on a regular basis. The house is popular and utilized for a wide variety of purposes including class reunions, family reunions, wedding receptions, and civic club meetings. The house is an ideal location for such get-togethers since the surrounding park allows for “spill-over” from these events and offers a variety of activities in addition to the events inside. The Crouse House Pickers, a local musical group, have held Monday night jam sessions at the house since 1986, with as many as 60 in attendance.

The Town has recently acquired a 0.46 acre tract with house located between the existing skatepark and farmer’s market pavilion. The house is scheduled to be the permanent home of the Allegheny County Arts Council and will potentially provide much needed handicapped accessible bathrooms to the facility.

The Town is also exploring the idea of expanding the park by acquiring two parcels which set adjacent to the existing park boundary and contain the farmer's market and parking lot. If expansion should occur the Town may add new fitness facilities geared toward children and an additional picnic shelter.

The following recreational opportunities and facilities are available at Crouse Park:

- Paved walking trail – 1,745 linear feet
- Basketball court – 2 goals
- Shuffleboard court
- 1 outdoor volleyball court
- Playground area
- Restrooms with storage area
- 2 parking lots
- Picnic areas – large shelter has 5 tables, small shelter has 2 tables, 2 unsheltered tables
- Skateboard park
- Space whirl
- Tube slide
- Creek runs through the property

#### Needs

- Upgrade of playground area spread equipment further apart
- Handicapped accessible play equipment
- Handicapped Restrooms
- Water Fountains

## Alleghany County Board of Education Facilities

### Alleghany County High School

404 Trojan Ave., Sparta, NC



Alleghany County High School is located in the Town of Sparta and is adjacent to both Sam Brown Park and Duncan Recreation Center. The school has a total enrollment of approximately 470 students and participates in the Mountain Valley Athletic Conference (MVAC) 1A and 2A. Requests may be made by the public to use recreational facilities such as the football field, baseball field or gymnasiums, by submitting a Community Use of Facilities application to the Board of Education. A fee may be attached for use of these facilities. However, the outdoor track at the football field and the tennis courts are available for public use anytime, except during events, for no charge.

The following recreational facilities are located at Alleghany County High School:

- 2 gyms
- Weight room
- **Jarrett Field** – baseball field, bathrooms, concessions stand, press box, storage area
- **Woodruff Field** - football field with track around perimeter, bleachers, concession stand, bathrooms
- **Lady Trojan Field** - softball field, bleachers, concession stand, bathrooms, press box
- Tennis courts (5)
- Practice field used for both football and soccer

Needs:

- Tennis court resurfacing
- Tennis court parking lot improvements
- Tennis court lighting

### Sparta Elementary School

450 N. Main Street, Sparta, NC

Sparta Elementary School is located within the Town of Sparta and includes grades Pre-K through 8<sup>th</sup>. The school has a total enrollment of approximately 600 students. The public must submit a Community Use of Facilities application to the Board of Education to use the baseball field or gymnasium. A fee may be attached for use of these facilities. The outdoor track is available for public use anytime, except during events, for no charge.

The following recreational facilities are located at Sparta Elementary school:

- Playground area
- Gym
- 2 outdoor basketball court areas with 4 goals
- Auditorium
- Small play area
- Baseball/softball field
- Practice softball field

Needs:

- Bathroom/dressing rooms at the baseball/softball field

### **Glade Creek Elementary School**

32 Glade Creek School Road, Ennice, NC

Glade Creek Elementary School is located in the northeast section of the county and includes grades Pre-K through 8<sup>th</sup>. The school has a total enrollment of approximately 260 students. The public must submit a Community Use of Facilities application to the Board of Education to use the soccer field, baseball/softball field or gymnasium. A fee may be attached for use of these facilities. The outdoor track is available for public use anytime, except during events, for no charge.

The following recreational facilities are at Glade Creek Elementary School:

- Gym
- Soccer field
- **West Walkway** – walking track
- Baseball/softball Field
- Playground area

Needs

- swings



### **Piney Creek Elementary School**

559 Piney Creek School Road, Piney Creek, NC

Piney Creek Elementary School is located in the northwest corner of the county and includes grades Pre-K through 8<sup>th</sup>. The school has a total enrollment of approximately 170 students. The public must submit a Community Use of Facilities application to the Board of Education to use the multi-purpose field or gymnasium. A fee may be attached for use of these facilities. The outdoor track is available for public use anytime, except during events, for no charge.

The following recreational facilities are at Piney Creek Elementary School:

- Gym
- Multi-purpose field
- **Piney Creek Community Track** – ¼-mile walking track
- Shelter with picnic tables
- Bleachers
- Playground area

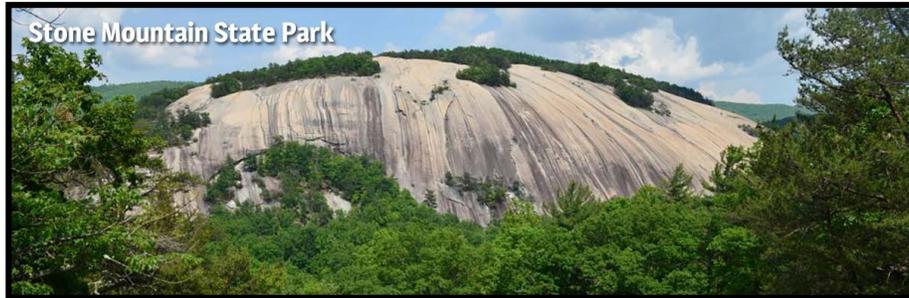


## State Facilities

### Stone Mountain State Park

3042 Frank Parkway, Roaring Gap, NC

Stone Mountain State Park is a 14,100-acre park located in southeastern Alleghany County and northern Wilkes County. The site offers tent and RV camping, fishing, rock climbing, picnicking, horseback trails, and a network of hiking trails that visit the Stone Mountain summit, waterfalls, trout streams, historic homestead, and dramatic overlooks.



Rangers hold regularly scheduled educational and interpretive programs about Stone Mountain State Park. The park is also home to exhibits and historic sites including the Mountain Culture Exhibit, Hutchinson Homestead, and Garden Creek Baptist Church.

Although a portion of the park is in Alleghany County there is no access from the Alleghany side. Park visitors must drive into Wilkes County to enter the park.

### Bullhead Mountain State Natural Area

Blue Ridge Parkway - milepost 232-234.5

The Bullhead Mountain State Natural Area, established in 2000, is 220-acre tract located in the southeastern section of Alleghany County. It is located adjacent to the Blue Ridge Parkway and just north of Stone Mountain State Park. State Natural Areas are intended to preserve and protect areas of scientific, aesthetic or ecological value. Generally, recreational and public use such as camping, swimming, picnicking, and hiking are not provided in State Natural Areas. However, with permission, these areas are sometimes available for ecological research and other low-impact uses.

### New River State Park

358 New River State Park Rd, Laurel Springs, NC

The New River State Park begins in Ashe County and follows the New River into Alleghany County. The New River offers canoeing, hiking, camping, and fishing opportunities. The park also offers a visitor's center with exhibit hall, interactive programs on the river's history and ecology, and a community building that is available for small events or gatherings.

The rapids on the New River are generally classified as Class I and II, which makes it an ideal river for families and beginners. Different sections of the river can be explored by canoe, kayak, and/or raft. The hiking trail at the Alleghany Access Area is called the Farm House Loop. It offers a walk through open fields, rhododendron thickets, and woodlands before reaching a beautiful view of the cliffs across the river. Different species of trout, and smallmouth and redeye bass are some of the most common fish caught in the New River and its tributaries. Camping and picnic areas are also located at the Alleghany County Access point.

### **Mountains-to-Sea Trail**

The Mountains-to-Sea Trail (MST) is a 1,175-mile trail that traverses North Carolina from the Great Smoky Mountains to the Outer Banks. The MST was made part of the State Park System in August 2000. The MST incorporates several other trails as part of its route including the Appalachian Trail, Tanawha Trail, Sauraton Trail, Haw River Trail, and the Neuse River Trail and segments follow along the Blue Ridge Parkway.

Approximately 15 miles of the MST run through Alleghany County along the Blue Ridge Parkway from Laurel Springs to Stone Mountain State Park.

### **Saddle Mountain Game Reserve**

Blue Ridge Parkway - milepost 222

In January 2016 the Conservation Trust for North Carolina (CTNC) purchased 75 acres on the slopes of Saddle Mountain in Alleghany and Surry Counties. To expand public recreation opportunities CTNC passed ownership to the North Carolina Wildlife Resource Commission (NCWRC). The property, now part of the Mitchell River Game Lands, is available to the public for hunting, trapping, and fishing. All activities require proper licenses or permits and are seasonal. No camping is allowed in the reserve and motorized vehicles are only allowed on maintained roads and in areas posted for vehicular use.

### **Farmer's Fish Camp Public Fishing Area**

Farmer's Fish Camp Road, Sparta, NC (GPS coordinates: 36.551317, -81.182612)

Farmer's Fish Camp Public Fishing Area is a joint partnership between the NC Wildlife Resource Commission and Alleghany County to provide access to the New River. The public fishing area, located on the New River northwest of Sparta, has a slide for canoe, kayaks, and other paddle craft.

The site was previously a NCWRC public fishing area that closed in 2013 due to bridge reconstruction after a flood prevented river access. In 2018, using funding from the Sport Fish Restoration Program and fishing licenses sales receipts, a new river access was constructed.

## Federal Facilities

### Blue Ridge Parkway

The Blue Ridge Parkway is a 469-mile scenic byway that runs from the Great Smoky Mountain National Park in North Carolina to the Shenandoah National Park in Virginia. Work on the Parkway began in 1935 at what is now the Cumberland Knob Visitors Center on the boarder of Alleghany County, NC and Grayson County, VA with the final section completed 52 years later at Grandfather Mountain in Avery County, NC.



The Blue Ridge Parkway has a long history of providing recreational opportunities including more than 360 miles of trails, museums, historical sites, camping areas, picnic sites, and entertainment venues.

Approximately 30 miles of the Blue Ridge Parkway runs along the southern border of Alleghany County. Along this stretch of the Parkway you can find the following recreational opportunities:

- Doughton Park
- Brinegar Cabin
- Little Glade Mill Pond
- Cumberland Knob Visitors Center
- Access to more than 10 hiking trails
- Multiple overlooks for sites such as Stone Mountain, Devil's Garden, and Mahogany Rock

### Cumberland Knob

Blue Ridge Parkway – milepost 217.5

The Cumberland Knob is located on the Blue Ridge Parkway at the North Carolina – Virginia state line. Cumberland Knob is the site where construction of the Blue Ridge Parkway began in 1935 as part of President Roosevelt's Civilian Conservation Corps.

Cumberland Knob offers a picnic area, restrooms, and access to both Cumberland Knob Trail and the Gully Creek Trail.

## **Doughton Park**

Blue Ridge Parkway – access from milepost 241.1 to milepost 238

This 7,000-acre park is located along the Blue Ridge Parkway in Alleghany and Wilkes Counties. Originally known as the Bluffs, this area came by its present name in honor of Congressman Robert L. Doughton, a long-time advocate and supporter of the Parkway.

Recreational opportunities at Doughton Park include:

- Ranger led interpretive programs/nature walks in summer season
- Trails
  - o Cedar Ridge Trail (milepost 238.5) a strenuous 4.2 mile hike
  - o Bluff Mountain Trail (milepost 238.5) a moderate 7.5 mile hike
  - o Fodder Stack Trail (milepost 240.6) a short 2 mile hike
  - o Bluff Ridge Trail (milepost 238.5) a strenuous 7.5 mile hike
  - o Grassy Gap Fire Road (milepost 243.9) a strenuous 6.5 mile hike
  - o Flat Rock Ridge Trail (milepost 244.7) a strenuous 13 mile hike
- Brinegar Cabin (milepost 238.5) – The cabin dates from about 1885 and is open on summer weekend afternoons. Hand-loom weaving and other craft demonstrations are often given during the summer months.
- Caudill Family Homestead (milepost 240.6) -The one-room Caudill Cabin exhibit can be viewed from the scenic Wildcat Rocks (milepost 240.6).
- Fishing - Basin Cove Creek complex (mileposts 238 - 244) has rainbow and brook trout where the streams are stocked.

## Privately Owned Facilities

### Alleghany Wellness Center

508 Collins Road, Sparta, NC

The Alleghany Wellness Center, Inc. (AWCI) is located in the southwestern edge of the Town of Sparta. The 25,000-square foot facility opened in March of 2004. The mission of AWCI is to provide the people of Alleghany County and surrounding areas the opportunity to achieve and maintain healthy lifestyles through health education, medically-supervised programs, and facilities for physical activities and recreation. A Board of Directors has been established and is responsible for setting policy and handling budget issues. The Board has representation from local governments, private businesses, medical personnel, and other public agencies. AWCI is a 501(c)(3) nonprofit organization and is a Healthy Carolinians member. Different user fees apply according to age and if applying to an individual or family.

The following recreational facilities and programs are available at the Alleghany Wellness Center:

#### Facilities

- Indoor Six-lane Pool
- Therapy Pool
- Indoor Walking Track
- Aerobic & Fitness Area
- Health Resource Library
- Outdoor Volleyball Court
- Multi-purpose Room
- Massage Room
- Children's Corner
- Locker Rooms & Showers
- Nautilus Equipment

#### Programs included in membership

- Community Wellness Talks
- Health Fairs
- Support Groups
- Family Swim
- Healthy Cooking Classes
- Lap Swim

#### Programs where additional charges may apply

- Weight Management
- Individual Nutritional Counseling
- Water Aerobics
- Yoga
- Aerobic Exercise
- Silver Sneakers Program
- Massage Therapy
- Water Therapy
- Child Area
- Swimming Lessons
- Swim Team Participation

## Other Private Owned Recreational Opportunities

### Canoe/Rafting/Kayak/Tubing

Cheerio Adventures (YMCA)  
New River Campground & Canoe

1430 Camp Cheerio Rd., Glade Valley,  
NC 6286 US Hwy 21 N, Sparta, NC

### Campgrounds

A & C Campground  
Dusty Trails Outfitters  
Miller's Camping  
New River Campground & Canoe  
Wild Woody's Campground

3435 Pine Swamp Rd, Sparta, NC  
953 Sweet Hollow Rd, Laurel Springs, NC  
793 Miller Rd., Laurel Springs, NC 6286  
US Hwy 21 N, Sparta, NC  
14234 NC Hwy 18, Laurel Springs, NC

### Camps

Camp Cheerio (YMCA)

1430 Camp Cheerio Rd, Glade Valley, NC

### Golf Courses

New River Country Club (semi-private)  
High Meadows (private)  
Olde Beau (semi-private)  
Roaring Gap Club (private)

611 Golf Course Rd, Sparta, NC  
1288 Country Club Rd., Roaring Gap, NC  
729 Olde Beau Blvd., Roaring Gap, NC  
2663 Roaring Gap Rd., Roaring Gap, NC

### Existing Parks and Recreation Facilities in Allegheny County

Name	Acres	Gym	Auditorium	Stage	Meeting Room	Kitchen	Restrooms	Concessions	Picnic Tables	Picnic Shelter	Playground	Baseball	Softball	Baseball/Softball (multi-use)	Batting Cage	Football	Soccer	Volleyball (I/O)	Basketball (I/O)	Track (indoor (I), outdoor (O))	Tennis Courts	Horseshoe Pit	Swimming Pool	Trail	Canoe Access	Amphitheater	Multi-Purpose Court	Weightlifting Room	Gameroom	Shuffleboard Court	Aerobics/Fitness Area	Skate Park	Disc Golf	Fishing Access	
<b>County Facilities/Sites</b>																																			
Allegheny County Fairgrounds	93.4			X	X	X	X	X																											
Sam Brown Park	59.0				X	X	X		X	X	X								X(O)			X								X				X	
Davis Field	2.0						X	X						X																					
Duncan Recreation Center	1.0						X	X															X					X							
Veterans Park	12.5					X	X	X	X	X							X(4)							X											X
Allegheny County Senior Center					X	X	X																								X				
<b>Town of Sparta Facilities</b>																																			
Crouse Park	3.9			X	X	X	X		X	X	X							X	X(O)					X						X		X			
<b>School Facilities</b>																																			
Allegheny County High School		X(2)			X	X	X	X				X	X	X		X		X(I)	X(I)	X(O)	X(5)							X							
Sparta Elementary School		X	X								X			X				X(I)	X(O),(I)																
Piney Creek Elementary School		X									X			X				X(I)	X(I)	X(O)															
Glade Creek Elementary School		X														X	X(I)	X(I)	X(O)																
<b>Private Facilities</b>																																			
Allegheny Wellness Center Facility					X	X	X											X(O)		X(I)			X				X	X			X				

## Alleghany County Recreation Programs

The Alleghany County Recreation Department offers several youth sports programs throughout the year. Their mission is to provide affordable and equal opportunities for the youth of Alleghany County to participate in recreational programs.

The athletic programs hold games around the county at various facilities in order to accommodate scheduling. Many of the facilities are shared with athletic teams from the schools. Total participation in 2018 for all programs combined is 374, all youth and children.

The department offers the following programs:

### **Tar Heel League (ages 5-12)**

Tar Heel League baseball and softball is available to children ages 5-12. T-ball and coaches pitch leagues are offered in June, July, and August for the 5- thru 8-year olds and does not require travel outside the county.

The majors and minors (9- thru 12-year olds) league with Grayson County, VA. Travel to outlying counties like Carroll & Floyd, VA and Ashe, NC is to be expected for this age group. The season runs from April through May. The all-star season runs from June through July. Games and practices are held at school facilities and Davis Field. A \$25 fee is required to play, payable at time of registration.

### **Soccer (ages 3-12)**

Soccer is offered to children ages 3-12 at a cost of \$25. All teams are co-ed. The 3- thru 6-year old age group play within Alleghany County and travel outside the county is not necessary. The 7- thru 9-year olds and the 10- thru 12-year olds will play against Grayson County, VA.

The Soccer program is offered in Fall (September-October) and in Spring (April-May) and games are held at Veterans' Memorial park.



### **Girls Basketball (1<sup>st</sup> – 6<sup>th</sup> grade)**

Girls Basketball is a program that is open to girls' 1<sup>st</sup> - 6<sup>th</sup> grade. The season begins in early January and runs for 8 weeks. Typically, two practices are held during the week with games on Saturdays. Practices are held at either Piney Creek Elementary School or Glade Creek School, with games being centrally located in Sparta.

### **Boys Basketball (1<sup>st</sup> – 6<sup>th</sup> grade)**

Boys Basketball is a program that is open to boys' 1<sup>st</sup> - 6<sup>th</sup> grade. The season begins in early January and runs for 8 weeks. Typically, two practices are held during the week with games on Saturdays. Practices are held at either Piney Creek Elementary School or Glade Creek School, with games being centrally located in Sparta.

### **Volleyball (3<sup>rd</sup> – 6<sup>th</sup> grade)**

Volleyball is offered to girls in the 3<sup>rd</sup> – 6<sup>th</sup> grades. The season runs from August through September. Games are played at the Sparta Elementary School Gym.

## Past Participation Records

The table below shows participation records for recreation programs for the past two years.

<b>Program</b>	<b>2017</b>	<b>2018</b>
Soccer (3-12 years of age)	107	87
Basketball	94	83
Little League Baseball (5-18 years of age)	138	120
Tennis (5-15 years of age)*	50	50
Swim Lessons*	10	5
Volleyball	18	29

\*Program no longer offered

## Program Revenues & Expenditures

<b>Program</b>	<b>2017</b>		<b>2018</b>	
	<b>Revenue</b>	<b>Expenditures</b>	<b>Revenue</b>	<b>Expenditures</b>
Youth Soccer	\$3,180	\$2,733	\$3,656	\$2,823
Youth Girls & Boys Basketball	\$3,365	\$1,640	\$3,639	\$1,335
Tar Heel League	\$5,477	\$5,635	\$5,137	\$4,833
Youth Tennis	\$0	\$0	\$0	\$0
Volley Ball	\$700	\$444	\$475	\$363
<b>Totals</b>	<b>\$12,722</b>	<b>\$10,452</b>	<b>\$12,907</b>	<b>\$9,354</b>

As shown in the table above, the County's total recreation program revenue for the last two years have exceeded expenditures. The largest cost to the county is the operation of the Tar Heel League baseball which cost the County money in 2017, but was in the black again in 2018.

Many different expenses occur when running the recreation department and its programs. All of the umpires are paid, equipment needs to be bought, and fields and courts need to be maintained. Salaries of the full-time staff and paid lifeguards also account as one of the main expenses. General office supplies need to be purchased and conferences and/or workshops are attended by the staff throughout the year.

The county currently leases the pool at the Wellness Center for swim meets and practices, and for swim lessons. Revenues for the department include a \$6,000 annual allocation from the Town of Sparta, periodic private donations, participant fees, and allocations from the county general fund.

## Alleghany County Board of Education Programs

### **Alleghany County High School**

The following athletic programs are offered at Alleghany County High School:

- Football – JV, V
- Baseball – JV, V
- Softball – Girls JV, V
- Tennis – Boys, Girls, 9<sup>th</sup> – 12<sup>th</sup> grades
- Swimming – Boys, Girls 9<sup>th</sup> – 12<sup>th</sup> grades
- Cheerleading – JV, V
- Volleyball – Girls JV, V
- Track & Field – Boys, Girls 9<sup>th</sup> -12<sup>th</sup> grades
- Cross Country – Boys, Girls 9<sup>th</sup> – 12<sup>th</sup> grades
- Golf – Boys, Girls 9<sup>th</sup> – 12<sup>th</sup> grades
- Wrestling – Boys 9<sup>th</sup> – 12<sup>th</sup> grades
- Basketball – Boys JV, V & Girls JV, V
- Soccer – Boys, Girls 9<sup>th</sup> – 12<sup>th</sup> grades

(JV = Junior Varsity, V= Varsity)

### **Glade Creek, Piney Creek, and Sparta Elementary Schools**

There are no middle or junior-high schools in Alleghany County. Each elementary school contains K-8<sup>th</sup> grades. To provide athletic programs for the middle school-aged youth Alleghany County has combined teams made up of 7<sup>th</sup> and 8<sup>th</sup> graders from Glade Creek, Piney Creek, and Sparta Elementary Schools. Practices alternates between the three schools; however, the official “homefield” is at Sparta Elementary and is where all games are played.

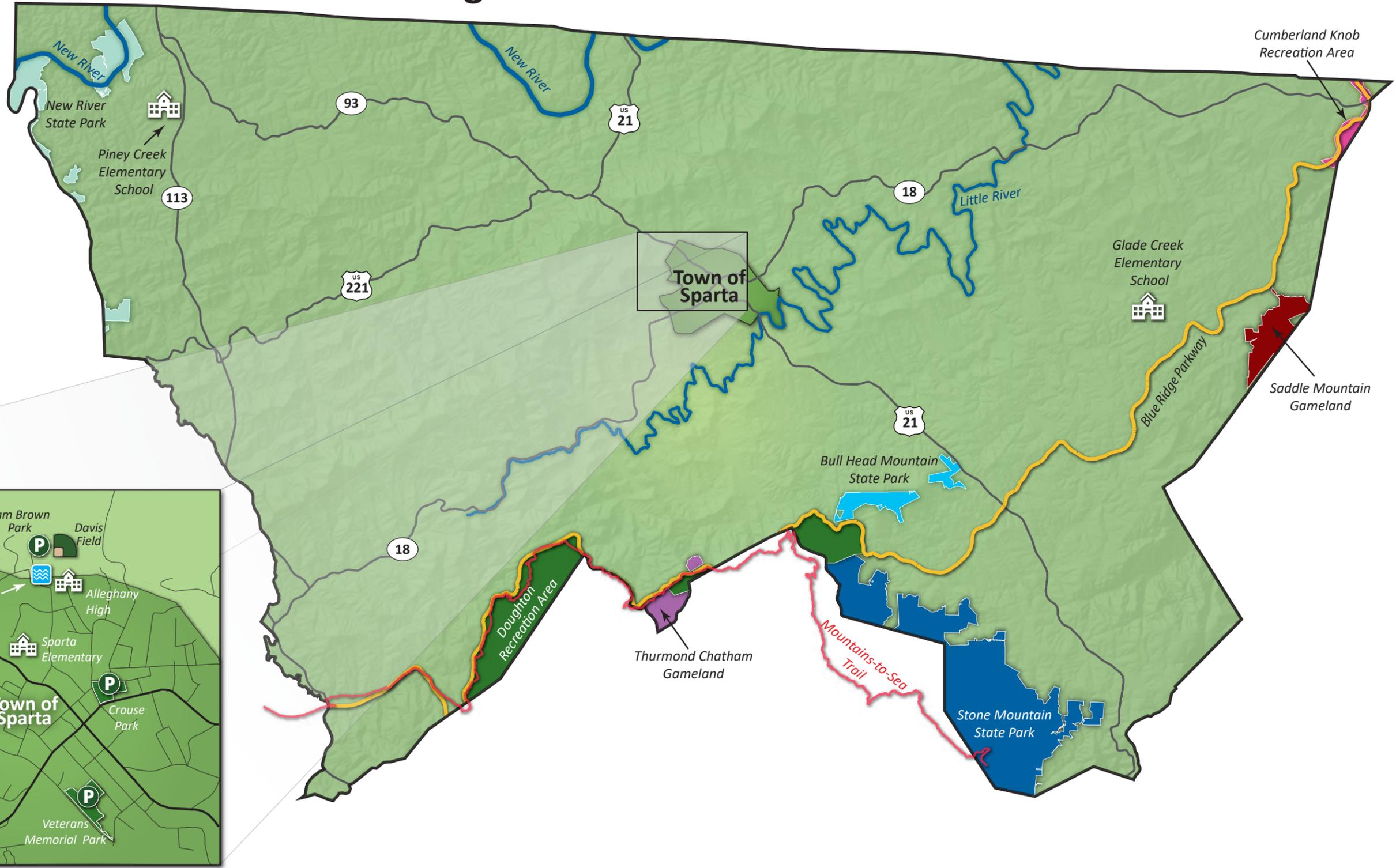
The following athletic programs are offered for the 7<sup>th</sup> and 8<sup>th</sup> graders in Alleghany County:

- Football – boys
- Volleyball – girls (two teams)
- Basketball – boys, girls
- Wrestling
- Softball – girls
- Baseball – boys
- Soccer
- Golf
- Track & Field
- Cheerleading

# Map 5 Allegheny County Existing Recreation Facilities

## Legend

-  Public Parks
-  Duncan Recreation Center (Pool)
-  Davis Field
-  Allegheny County Fairgrounds
-  Allegheny Wellness Center
-  Public Schools
-  Blue Ridge Parkway
-  Mountains-to-Sea Trail
-  Major Rivers
-  Roadways
-  Bull Head Mountain State Park
-  Cumberland Knob Recreation Area
-  Doughton Recreation Area
-  New River State Park
-  Saddle Mountain Gameland
-  Stone Mountain State Park
-  Thurmond Chatham Gameland



Map produced by High Country Council of Governments



## **Section 5**

### **Community Engagement**

In the process of preparing the Parks and Recreation Comprehensive Plan Alleghany County Recreation Department conducted a community survey, conducted community meetings, and interviewed various stakeholders in the County that are involved in recreation.

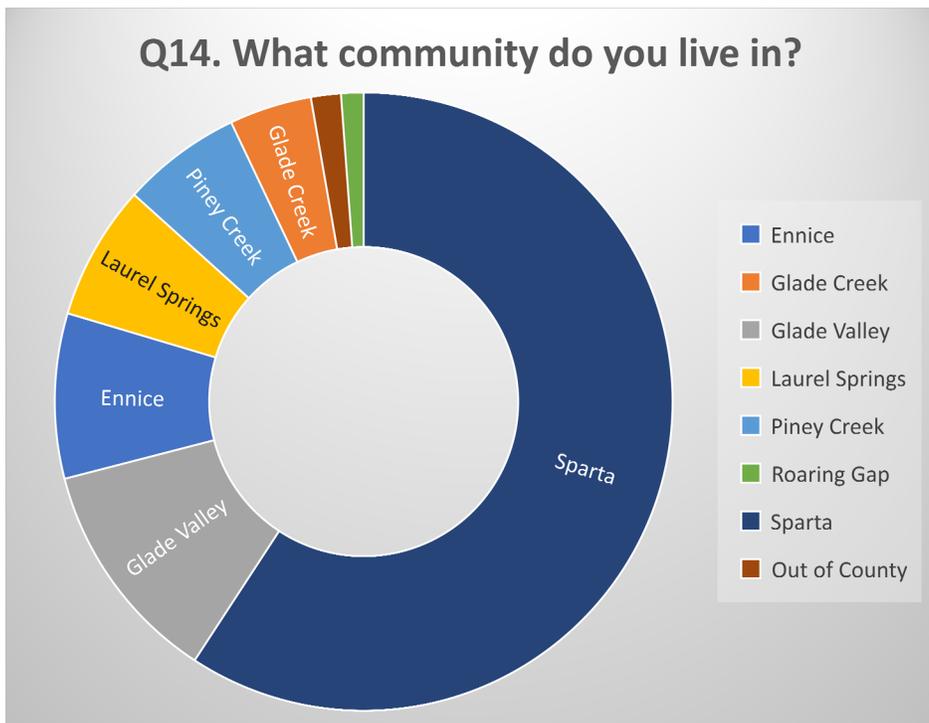
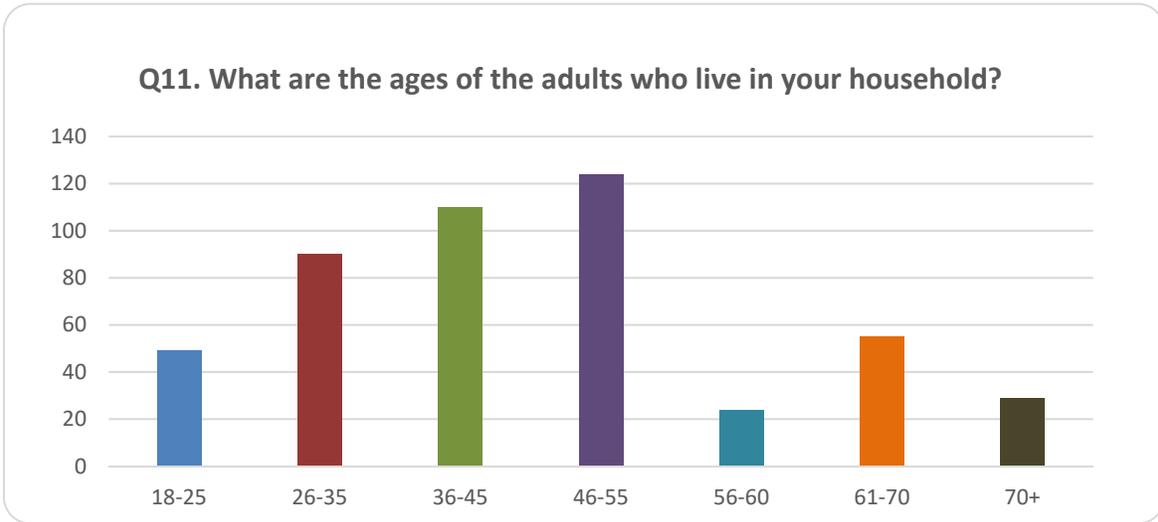
#### **Community Survey**

Alleghany County Recreation Department developed a survey to gauge the public interest and opinions regarding the recreational opportunities in Alleghany County. The survey was made available online on the County Recreation website, mentioned in local newspaper articles, and disseminated through social media. Additionally paper copies were available at the Senior Center, the Wellness Center, and at each of the Community Meetings. The County received 280 responses between November 2018 and January 2019 (see Appendix II for sample of the survey). Results from the surveys assisted the county with developing the comprehensive plan.

While there was a good distribution throughout age groups, the most survey responses came from the middle-aged population 36-45 and 46-55. This is not unexpected given that per the 2010 US Census, these are the most populous age groups in the County at 12.2% and 14.7%, respectively. The surveys also had a good response from homes with children - 74.2% with children vs. 25.8% without. Ages of the children in the responding households were on the younger side between 0 and 7 years old.

Approximately 59% of the survey responses came from residents within or around the Town of Sparta, where most of the recreational opportunities are located. However, the other communities in Alleghany County also spoke up with 24.7% of the responses from communities in the west, Glade Valley, Glade Creek, and Ennice, and 13.3% from the eastern communities of Piney Creek and Laurel Springs.

The following charts give an overview of the community survey results. (For the complete survey results see Appendix II.)



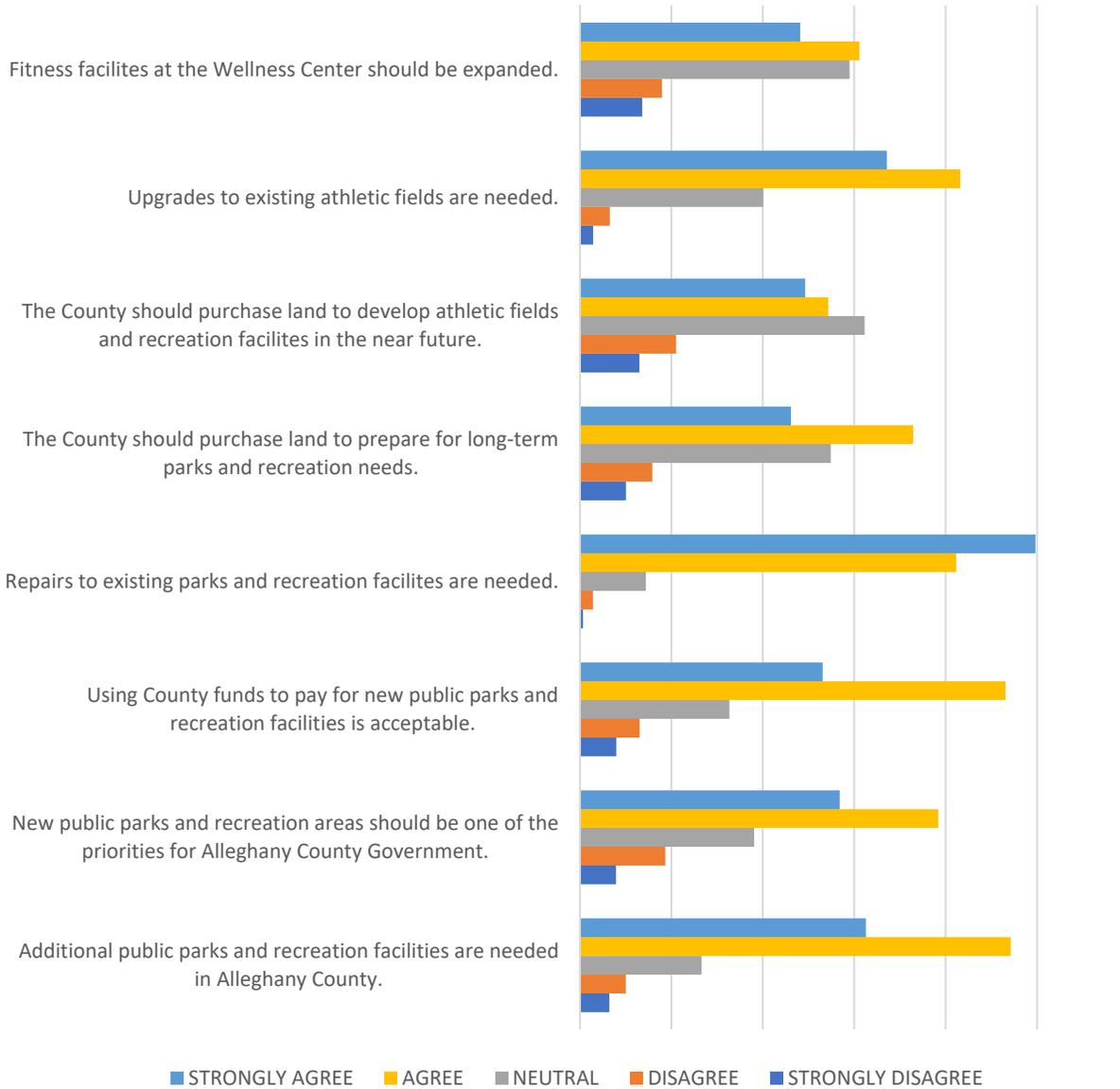
Visitation to parks are high in Alleghany County. Survey respondents were asked how frequently they visited parks in the County and more than 23% responded that they used the parks more than 50+ times per year.



Respondents were also asked their opinions on the County’s recreational future. The consensus from this question was that the County needs to focus efforts on repairs to their existing recreational facilities and put a low priority on any new public parks and/or land purchases for athletic fields.

The comments from question 15 of the survey (see Appendix II) tend to agree with this analysis. There were a few comments regarding additional athletic fields, but many of the comments mentioned repairs to existing facilities, especially the Duncan Recreation Center pool and the addition of more trails in the County.

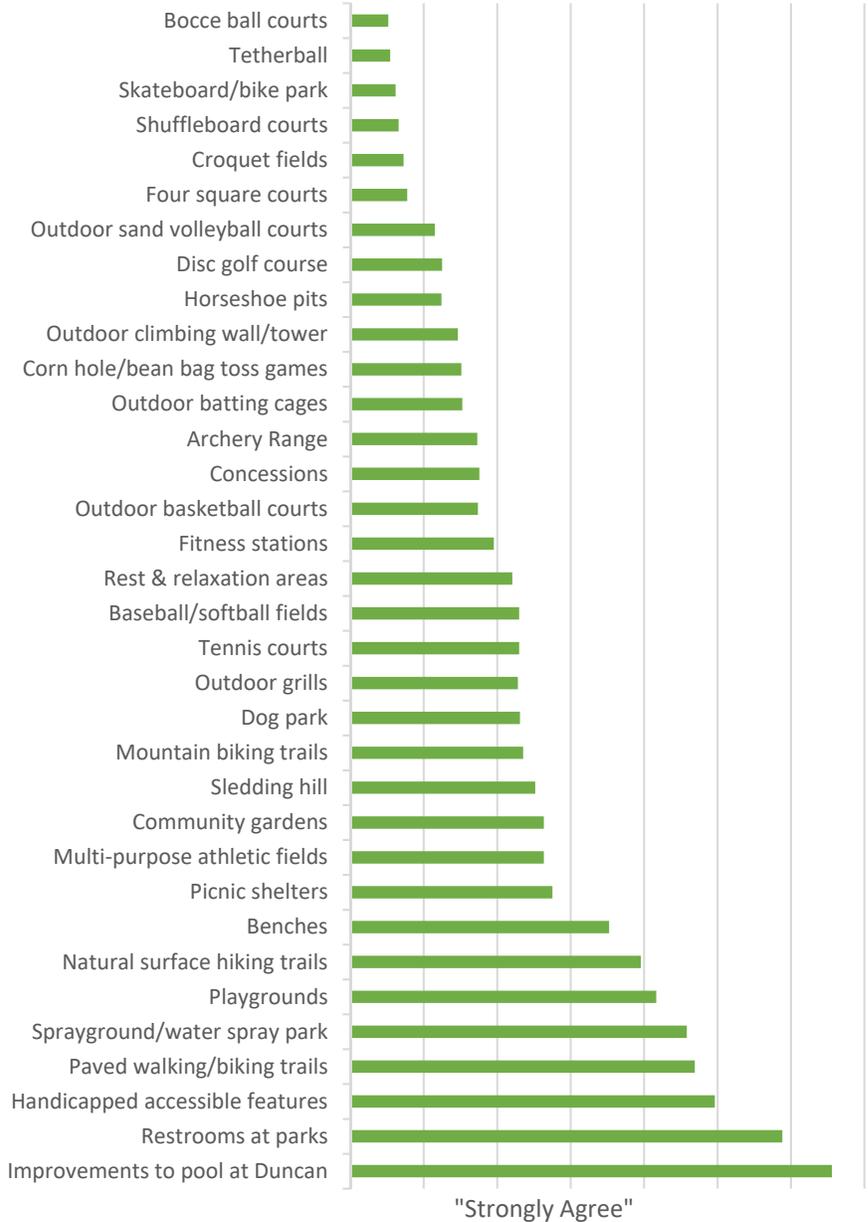
**Q3. For each of the statements below mark the choice that describes your opinion**



When asked their opinion on what, if any, new types of recreation should be added to existing County facilities respondents “Strongly Agreed” that they wanted to see improvements at the Duncan Recreation Center. This supports other comments and responses from this survey regarding improvements at existing facilities.

Recreational priorities in Allegheny County also considered are the addition of handicapped accessible features at parks, a spray ground/water park, and more natural surface hiking trails.

**Q2. For each of the following types of recreation facilities, please indicate how strongly you agree or disagree that they should be added to existing facilities in Allegheny County.**



## Community Meetings

Alleghany County held four community meetings throughout the County to obtain citizen input and opinions regarding current and possible recreational opportunities in Alleghany County. Meetings were held at the following dates and locations:

- November 28, 2018 at Glade Creek Elementary School
- November 29, 2018 at the Alleghany County Administration Building
- November 30, 2018 at Piney Creek Elementary School
- January 10, 2019 at the Alleghany County Administration Building

At each meeting randomly selected attendees were interviewed regarding their experience with and opinions on the state of recreation in Alleghany County. Attendance at the meetings was unexpectedly low; however, those attending were very vocal about the subject of recreation.

### **Citizen responses from the community meetings held November 28<sup>th</sup>, 29<sup>th</sup>, and 30<sup>th</sup>, 2018.**

#### **What is your favorite recreational activity? Winter? Summer?**

“Hiking”

“Favorite Park is the Elementary School and Crouse Park”

“Running”

#### **What activities take you out of the County?**

“Mountain Biking”

“Since Duncan Pool has been closed I have been taking the kids to the pool in Independence, VA. We also go to the Splash Pad and Trampoline Park out of the County.”

#### **Fairgrounds - What is your favorite activity?**

“Fiddlers Convention” “Running” “Mud Sling”

“Fiber Festival”

**What events/activities would you like to see at the Fairgrounds?**

“Concerts” “A County Fair” “Concerts” “A Climbing Wall”

“I think the Fairgrounds would be a good home for multiple activities like bocce ball, tether ball, corn hole, 4-square, etc.”

**Do you use any Federal or State Parks/Land for recreation?**

“Stone Mountain” “Stone Mountain, Grayson Highlands, Bullhead, & the Parkway”

"Parkway and Stone Mountain"

**Citizen Responses from the January 10, 2019 community meeting.**

**What types of improvements would you like to see at existing recreation facilities?**

“A dog park. There are several in counties off the mountain, but none in Alleghany.”

“Improvements at the Fairgrounds. Concession area needs a new roof. There need to be more electrical and water hook-ups at the campground.”

“Upgrades and repairs at the fairgrounds to make events attract more attendants.”

“Fairgrounds concession stand and stage need to be improved/repared.”

“Improvements/repairs to existing stables at the Fairgrounds. This with campground improvements and advertising would make the area attractive for overnight stays from horse buyers traveling to and from Galax, VA.”

**What kinds of new recreation would you like to see in Alleghany County?**

“Progress made on the ASTA (Alleghany Sparta Trail Association) trails.”

“More Little League fields (baseball, softball). Multiple fields to allow for tournament play.”

“Develop more hiking trails and horse riding trails. Specifically, on the other side of the new disc golf course.”

“Crouse Park needs more activities related to the Senior Games, like miniature golf, horseshoes, bocce ball, and shuffleboard so Seniors could get more practice in before the games.”

At the Community Meetings attendees were also asked to participate in an activity in which they wrote down desired improvements to recreation in Allegheny County. They were asked to prioritize each request in their order of importance and place them on the corresponding board with #1 being high priority and #3 low priority. Below are the responses.

**Priority #1**

- |                                       |   |
|---------------------------------------|---|
| Paved walking/biking trails           | Upgrade Duncan Recreation Center  |
| Water spray park                      | Mountain biking/hiking/running trails   |
| Splash pad                            | Splash pad  |
| Natural surface trails                | Public access to Little River   |
| Splash pad                            | Upgrade concession stand at Fairgrounds   |
| Mountain biking/hiking trails         | More opportunities for Seniors training for<br>the Senior Games (mini-golf, croquet,<br>horseshoes, shuffleboard, etc.) |
| Mountain biking trails/hiking/running |   |
| Improve existing recreation areas     |   |

**Priority #2**

- |  |  |
|--|--|
| Natural surface hiking trails                  | Archery range  |
| Hiking/biking/walking Trails                   | Hiking trails  |
| River access                                   | Obstacle course/ninja course                             |
| Better playgrounds                             | A greenway from downtown Sparta<br>to the Little River   |
| Greenway/trail around the perimeter of<br>Town | Modernize/repair bathrooms at<br>Fairgrounds' concession |
| Hiking/bike trails                             |  |

**Priority #3**

- |  |   |
|--|---|
| Disc golf course   | Archery                                   |
| Outdoor climbing wall/ninja warrior obstacles            | River access                              |
| Connecting downtown Sparta to<br>Mountain-to-Sea Trail   | Disc golf                                 |
| Botanical and community gardens                          | Picnic shelters                           |
| Improvement to parks (add cornhole<br>and upgrade parks) | Improve and add new spaces at fairgrounds |

## Stakeholder Meetings

Area stakeholders were contacted to obtain their input on the state of recreation in Allegheny County. The stakeholders are public and private entities that are involved in recreation or represent a certain sector of the population and know their needs. Below is a complete listing of the local stakeholders informed of the County's recreation plan update:

1. Allegheny Council on Aging
2. Allegheny Wellness Center
3. Sparta Lion's Club
4. Allegheny County Health Department (App Health)
5. Allegheny Health
6. Allegheny Chamber of Commerce
7. Allegheny Partnership for Children
8. Allegheny County Board of Education
9. Cooperative Extension
10. Allegheny Tourism Development Authority
11. Town of Sparta
12. Allegheny Sparta Trails Association (ASTA)
13. Glade Creek Fire Department
14. Sparta Fire Department

Stakeholders that responded were interviewed, either in person or by email, to discuss how they are involved in recreation and what they consider the recreation needs are of the county and/or their organization. The following summarized information was recorded during each individual meeting (see Appendix II for complete interview notes).

### **Karon Edwards, Director – Allegheny Council on Aging - Senior Center**

#### **Recreational opportunities available at the Senior Center:**

- Small fitness room with exercise bikes & treadmills
- Television for exercise videos and to play Wii Sports games
- Clubs
  - seniors walking
  - bridge,
  - rook
  - bingo
  - quilting
  - senior singles club

**Current Facility Needs:**

- Space for art classes- painting, pottery, etc.
- Space for a pool table

The Senior Center will be required to relocate soon to accommodate county courthouse offices. The needs of the new center will be determined by the location and features of the facility.

**Steve Mason, General Manager - Alleghany Wellness Center**

**Recreational opportunities at the Wellness Center:**

- Indoor, six-lane swimming pool
- Therapy pool
- Indoor walking track
- Aerobic & fitness area
- Health resource library
- Multipurpose room
- Massage room
- Children's Corner
- Locker rooms & showers
- Kitchen

**Future Wellness Center expansion plans:**

- Construction of gymnasium with more multi-purpose rooms

**Recreational needs in Alleghany County:**

- Outdoor Activities – mountain biking & hiking
- More Trails – multi-purpose: biking/walking/hiking

**Helen-Ruth Almond, Executive Director, Alleghany Memorial Hospital Foundation & Alleghany Health -- an affiliate of Wake Forest Baptist Health and Chatham Memorial Hospital (formally Alleghany Memorial Hospital)**

**Services provided by the hospital:**

- Physical Therapy
- Rehabilitation

**Facilities recommended to patients/clients:**

- Wellness Center
- Walking trail at Crouse Park

**Recreational needs in Alleghany County:**

- More walking opportunities
- Greenways
- Trail connecting to the Mountain-to-Sea Trail

**Katee Hettleman, Director - Alleghany Chamber of Commerce**

**Recreational needs in Alleghany County:**

- Indoor gymnasium/multi-purpose area
- More marketing materials on the hiking opportunities in the County
- Update of facilities at Crouse Park
- Hammock Garden or area for hanging ENO hammocks
- Hiking trails at Fairgrounds
- Greenways and further development of trail system

**Noah Lyons, Athletic Director/Football Coach - Alleghany County Board of Education**

**Recreational facilities operated by the Board of Education:**

- High School
  - Two gyms
  - Fields – baseball, football, & practice
- Sparta Elementary School
  - Gym
  - Outdoor basketball court
  - Playgrounds
  - Field – softball/soccer
- Glade Valley Elementary School
  - Gym
  - Fields – soccer, baseball/softball
  - Playground
- Piney Creek Elementary School
  - Gym
  - Playground
  - Multi-purpose field

**Recreational programs offered by the Board of Education:**

- High school soccer program
  - Football
  - Baseball
  - Softball
  - Tennis
  - Swimming

- Cheerleading
  - Basketball
  - Soccer
  - Wrestling
  - Volleyball
  - Track & Field
- Elementary Schools (7<sup>th</sup> and 8<sup>th</sup> grades)
    - Football
    - Volleyball
    - Wrestling
    - Softball
    - Baseball
    - Soccer
    - Golf
    - Track & Field
    - Cheerleading

**Plans for recreation expansions/renovations of school facilities:**

- A new track at the High School
- Renovations to the tennis courts at Sam Brown Park now owned by the Board of Education.

**Recreational needs in Alleghany County:**

- More handicapped accessible walking trails
- More participation in all sports
- Improvements to the existing pool facility

**Amy Lucas, County Extension Director, Cooperative Extension**

**Recreational activities offered by Cooperative Extension:**

- At the fairgrounds
  - 4<sup>th</sup> grade Safety Day (all schools and home school)
  - 2<sup>nd</sup> grade Farm Animal Day (all schools & home school)
  - Lamb & Calf Camps
- 4H Fishing Days
- Hiking Days
- Clover Bud days (5-8 year olds) at Crouse Park

**Recreational needs of Alleghany County:**

- A new or renovated swimming facility
- More trails
- More ball fields

**Steve Mason, Board Member - Allegheny Tourism Development Authority**

**Recreational Needs in Allegheny County:**

- Hiking & Biking Trails.
- Outdoor activities
- More involvement in marketing existing opportunities

**Kevin Dowell, Town Planner, Town of Sparta**

**Recreational Facilities operated by the Town of Sparta:**

- Crouse Park
- Rent out facilities at Crouse Park for reunions and other functions
- Annually allocates \$6,000 to the county to be used for recreation
- Coordination with County Parks & Recreation Department for park events

**Recreational needs of Allegheny County and The Town of Sparta:**

- More open space including sports fields (soccer, baseball, multi-purpose)
- Expansion of the playground at Crouse Park

**Iboya Presly, Donny McCall, Forrest Pulley, members of the Allegheny Sparta Trails Association (ASTA)**

ASTA's mission is to provide pathways for outdoors recreation that promotes healthy lifestyles and contributes to the economic vitality of Allegheny County. Their focus is on the development of trails and a trail system within Sparta and Allegheny County.

**Aside from trails, the recreational needs of Allegheny County:**

- More signage to point out location of existing facilities to visitors
- More facilities for tournaments.
- Tennis
- Pickleball for the aging population
- Improvements at the existing pool facility
- A new or improved soccer field at Veterans Park

**ASTA's desires for trails in Allegheny County:**

- Connection of Veterans Park to the Mountains-to-Sea Trail
- Small Park along new trail at Little River for trail access, river access, and parking.

## **Section 6**

### **Goals and Recommendations**

#### **Goals**

This section is organized to first present general goals, followed by a list of future projects, and a discussion related to the potential projects. The Alleghany County Parks and Recreation Department, with input from the Community Survey, Community Meetings, and Stakeholders, developed the goals and future project listing.

#### **Goal 1**

The overall goal of the Alleghany County Parks and Recreation Department is to provide and manage a diverse range of both active and passive recreational opportunities for the entire population of the County. Recreation is acknowledged as an important component of the community and necessary for quality growth and development of the County.

#### **Goal 2**

The Parks and Recreation Department will strive for the convenient placement of recreation facilities throughout the County. Countywide type facilities will be located within or adjacent to population centers so that facilities will be accessible to and serve the greatest number of county residents.

#### **Goal 3**

The Parks and Recreation Department will strive to provide a diversity of programs to meet the needs of children, teenagers and adults throughout the County. The needs of the elderly and handicapped will also be recognized in the development of programs.

#### **Goal 4**

The County will establish local levels of funding and identify other sources of funding for recreation that will enable the County to match sources of federal and state funds for facility development when the opportunity arises.

## Recommendations

The following list of projects was developed by taking into account input from the Community Survey, Community Meetings, Stakeholder Meetings, and the Alleghany County Parks and Recreation Department. The survey revealed valuable user information to the county which hopes to meet those needs through this project listing. The County could amend the following list of projects if a specific grant opportunity becomes available or a cash or land donation is made for a particular project.

General recreation needs identified through the community input and analysis of existing facilities include:

- ◆ Pool improvements
- ◆ More trails
- ◆ Splashpad at existing pool
- ◆ Updates of existing recreation facilities
- ◆ Recreational facilities in Ennice and Piney Creek
- ◆ Fairground improvements
- ◆ River access (Little River)
- ◆ More fields for tournaments
- ◆ Gymnasium space
- ◆ More recreational opportunities for children

## Facility Recommendations

### **1. Duncan Recreation Center Update**

The Duncan Recreation Center was renovated in 2007; however, many upgrades are still needed. The highest priority on the Parks and Recreation Department's list is to convert the pool from a chemical chlorine to a less expensive natural salt water pool. This upgrade will not only save on money, but will eliminate the need for harsh chemicals to treat the water. The building needs to be renovated to accommodate handicapped bathrooms and various repairs including paint, lighting, and doors are necessary to update the facility. Safety concerns also need to be addressed including fence replacement, new signage, and depth markers in the pool.

### **2. Splashpad at Duncan Recreation Center**

In addition to the 25-meter pool the, Duncan Recreation Center has a 1-foot deep kiddie pool. Encouraged by input from the Community Survey and Community Meetings, the County is considering replacing the kiddie pool with a splashpad. Splashpads are safer alternatives to the traditional kiddie pool; they have little or no standing water and eliminate the need for lifeguards.

### **3. Trails**

The NC Department of Transportation just completed the Sparta Western Loop that creates a bypass around Sparta just west of town. The new road presents an opportunity to construct a trail connecting Veterans Memorial Park to the Little River using the existing DOT right-of-way. The new trail could provide from 0.8 to 1.0 miles of new walking/hiking/running/biking prospects with a potential river access point

### **4. Fairground Improvements**

The Allegheny County Fairgrounds is home to many outdoor events that cater to different tastes and attract people from outside of the County. There are several upgrades and improvements that could be done at the fairgrounds to bring in even more people. Paving the existing gravel parking lot; water and electrical hook-ups at *all* of the campsites (currently only about 80% are served); and creation of trails around the grounds, specifically for mountain biking, could not only attract more visitors, but make the fairgrounds more appealing between events and during the off-season.

After an absence of many years, the County would ultimately like to see the return of the Allegheny County Fair to the fairgrounds.

### **5. Sam Brown Park**

There have been some recent changes to Sam Brown Park including the transfer of ownership of the tennis courts from Allegheny County to the Board of Education and the construction of a disc golf course (scheduled to open in summer 2019).

Sam Brown Park is a popular facility and is in need of several upgrades/improvements including: handicapped accessible playground equipment with handicapped accessible route to the playground; small individual picnic shelters with grills; replacement of the cable fencing round the park; improvements to lower parking lot; lighting around the park; improvements to the basketball court; and a new sign.

### **6. Davis Field**

Davis Field is located within the Sam Brown Park complex. The County-owned facility is heavily used from April to October and is in pretty good shape; however, it is in need of a few improvements. The bathrooms need to be updated; there is a need for more parking at the complex; and more fencing around the field needs to be added.

### **7. Veterans Memorial Park Improvements**

Veterans Memorial Park is the newest addition to the Allegheny County park system and one of its most popular. The heavily used soccer fields need to be re-graded, wear and tear and flooding have left irregularities in the fields. Due to occasional flooding in the area the stream that runs through the park could use some restoration to provide additional support to the stream bank. The County would also like to convert an area between the picnic pavilion and the soccer fields into a playground.

## **8. Sparta Elementary School**

Sparta Elementary School has a deteriorated softball field on its campus that is no longer in use. The County would like to see this field converted into a usable soccer field to be utilized by the middle school- aged soccer team. Construction of bathrooms on the site with an area for dressing rooms would eliminate the need for players to have to use the gym facilities.

## **9. Alleghany County High School – Tennis Courts**

In January 2019 Alleghany County Board of Education received ownership of the existing tennis courts located adjacent to Lady Trojan Field. The tennis courts, formally owned by the County and part of Sam Brown Park, need to be updated. Repairs needed to refurbish the courts include: complete resurfacing of all five courts; improvements to the parking lot; and the installation of lighting.

## **10. Multi-Use Fields**

The mention of more multi-use fields came out in both the Community Survey and the Community Meetings. People were more interested in more access to baseball and softball fields. Many voiced the concern of having to travel to other counties and other regions of the state for their children to play in youth league tournaments. Due to the lack of fields and the scattered locations of the fields available for use, tournaments are rarely held in Alleghany County. Not only could additional fields for tournaments alleviate some travel for parents, but they could also be an economic benefit to Sparta and Alleghany County by bringing in families for the day to shop and eat in the area and could potentially lead to overnight stays. Additional fields would also help to reinstate the Adult Leagues.

## Program Recommendations

### **1. Adult Leagues**

Alleghany County has not had organized adult sports or adult leagues for many years. They were discontinued due to scheduling conflicts with the youth sports, lack of facilities in the County, and staffing shortages in the Parks and Recreation Department.

With two full time staff in the Parks and Recreation Department and a few more recreational facilities, the County would like to bring back Adult Leagues. Possible sports include: basketball, softball, and kickball.

## Operational Recommendations

### **1. Capital Improvement Plan**

To assist the County and the Parks and Recreation Department with future projects and growth Alleghany County should prepare, adopt, and follow a Capital Improvement Plan for the Department. The plan will not only assist the Parks and Recreation Department with the planning process but will be an asset when applying for any State and Federal funding.

### **2. Doughton Park**

Any future efforts, public or private, to make improvements to Doughton Park should be supported by Alleghany County.

### **3. Bicycle Lanes**

With cycling events like the Tour de Mountains and established cycling routes like the Lazy 8 and Blue Ridge Country Loop, Alleghany County should coordinate with NC DOT to include bicycle lanes and bicycle shoulders with future road projects. This would not only attract cyclists to the area but provide a safe connection between cycling routes and trails.

### **4. Website Improvements**

Alleghany County should focus efforts to make improvements to their existing website to showcase area recreation opportunities. Along with the County managed facilities the site could include maps of the Mountains to Sea Trail, an updated calendar with events in the County, and information on Doughton Park , the Blue Ridge Parkway, Crouse Park and other local, State, and Federal facilities.

## **Appendix I**

- **Physical Activity Guidelines for Americans Summary**
- **North Carolina and Alleghany County Trends in Health Indicators**





# Executive Summary

## Physical Activity Guidelines for Americans

2<sup>nd</sup> edition



### Physical Activity Guidelines for Americans Summary

Being physically active is one of the most important actions that people of all ages can take to improve their health. The evidence reviewed for this second edition of the *Physical Activity Guidelines for Americans* is clear—physical activity fosters normal growth and development and can make people feel better, function better, sleep better, and reduce the risk of a large number of chronic diseases. Health benefits start immediately after exercising, and even short episodes of physical activity are beneficial. Even better, research shows that just about everyone gains benefits: men and women of all races and ethnicities, young children to older adults, women who are pregnant or postpartum (first year after delivery), people living with a chronic condition or a disability, and people who want to reduce their risk of chronic disease. The evidence about the health benefits of regular physical activity is well established, and research continues to provide insight into what works to get people moving, both at the individual and community level. Achieving the benefits of physical activity depends on our personal efforts to increase activity in ourselves, family, friends, patients, and colleagues. Action is also required at the school, workplace, and community levels.

### What's New in This Edition?

This second edition of the *Physical Activity Guidelines for Americans* provides science-based guidance to help people ages 3 years and older improve their health through participation in regular physical activity. It reflects the extensive amount of new knowledge gained since the publication of the first *Physical Activity Guidelines for Americans*, released in 2008. This edition of the Guidelines discusses the proven benefits of physical activity and outlines the amounts and types of physical activity recommended for different ages and populations.

For example, new aspects include discussions of:

- Additional health benefits related to brain health, additional cancer sites, and fall-related injuries;
- Immediate and longer term benefits for how people feel, function, and sleep;
- Further benefits among older adults and people with additional chronic conditions;
- Risks of sedentary behavior and their relationship with physical activity;
- Guidance for preschool children (ages 3 through 5 years);
- Elimination of the requirement for physical activity of adults to occur in bouts of at least 10 minutes; and
- Tested strategies that can be used to get the population more active.

## Developing the Physical Activity Guidelines

The *Physical Activity Guidelines for Americans* is issued by the U.S. Department of Health and Human Services (HHS). It complements the *Dietary Guidelines for Americans*, a joint effort of HHS and the U.S. Department of Agriculture (USDA). Together, the two documents provide guidance for the public on the importance of being physically active and eating a healthy diet to promote good health and reduce the risk of chronic diseases.

The primary audience for the *Physical Activity Guidelines for Americans* is policy makers and health professionals, though it may also be useful to interested members of the public. The main idea behind the Guidelines is that regular physical activity over months and years can produce long-term health benefits.

The development of this edition of the *Physical Activity Guidelines for Americans* started in 2016 when former HHS Secretary Sylvia Mathews Burwell appointed an external scientific advisory committee, the 2018 Physical Activity Guidelines Advisory Committee. The Committee conducted a series of systematic reviews of the scientific literature on physical activity and health and met periodically in public session to discuss their findings. The Committee's work was compiled into a scientific report summarizing the current evidence. The 2018 *Physical Activity Guidelines Advisory Committee Scientific Report* and summaries of the Committee's meetings are available at <https://www.health.gov/PAGuidelines/>.



When writing the Guidelines, HHS used the Advisory Committee’s Scientific Report as its primary source but also considered comments from the public and government agencies. The Guidelines will be widely promoted through various communications strategies online and in print, such as the Move Your Way campaign materials for professionals and consumers, and partnerships with organizations that promote physical activity.

## Key Guidelines

Below are the key guidelines included in the *Physical Activity Guidelines for Americans*.



### Key Guidelines for Preschool-Aged Children

- Preschool-aged children (ages 3 through 5 years) should be physically active throughout the day to enhance growth and development.
- Adult caregivers of preschool-aged children should encourage active play that includes a variety of activity types.



### Key Guidelines for Children and Adolescents

- It is important to provide young people opportunities and encouragement to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.
- Children and adolescents ages 6 through 17 years should do 60 minutes (1 hour) or more of moderate-to-vigorous physical activity daily:
  - **Aerobic:** Most of the 60 minutes or more per day should be either moderate- or vigorous-intensity aerobic physical activity and should include vigorous-intensity physical activity on at least 3 days a week.
  - **Muscle-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days a week.
  - **Bone-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days a week.



## Key Guidelines for Adults

- Adults should move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.
- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.
- Additional health benefits are gained by engaging in physical activity beyond the equivalent of 300 minutes (5 hours) of moderate-intensity physical activity a week.
- Adults should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.



## Key Guidelines for Older Adults

The key guidelines for adults also apply to older adults. In addition, the following key guidelines are just for older adults:

- As part of their weekly physical activity, older adults should do multicomponent physical activity that includes balance training as well as aerobic and muscle-strengthening activities.
- Older adults should determine their level of effort for physical activity relative to their level of fitness.
- Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.
- When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.



## Key Guidelines for Women During Pregnancy and the Postpartum Period

- Women should do at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity a week during pregnancy and the postpartum period. Preferably, aerobic activity should be spread throughout the week.
- Women who habitually engaged in vigorous-intensity aerobic activity or who were physically active before pregnancy can continue these activities during pregnancy and the postpartum period.
- Women who are pregnant should be under the care of a health care provider who can monitor the progress of the pregnancy. Women who are pregnant can consult their health care provider about whether or how to adjust their physical activity during pregnancy and after the baby is born.



## Key Guidelines for Adults With Chronic Health Conditions and Adults With Disabilities

- Adults with chronic conditions or disabilities, who are able, should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.
- Adults with chronic conditions or disabilities, who are able, should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.
- When adults with chronic conditions or disabilities are not able to meet the above key guidelines, they should engage in regular physical activity according to their abilities and should avoid inactivity.
- Adults with chronic conditions or symptoms should be under the care of a health care provider. People with chronic conditions can consult a health care professional or physical activity specialist about the types and amounts of activity appropriate for their abilities and chronic conditions.



## Key Guidelines for Safe Physical Activity

To do physical activity safely and reduce risk of injuries and other adverse events, people should:

- Understand the risks, yet be confident that physical activity can be safe for almost everyone.
- Choose types of physical activity that are appropriate for their current fitness level and health goals, because some activities are safer than others.
- Increase physical activity gradually over time to meet key guidelines or health goals. Inactive people should “start low and go slow” by starting with lower intensity activities and gradually increasing how often and how long activities are done.
- Protect themselves by using appropriate gear and sports equipment, choosing safe environments, following rules and policies, and making sensible choices about when, where, and how to be active.
- Be under the care of a health care provider if they have chronic conditions or symptoms. People with chronic conditions and symptoms can consult a health care professional or physical activity specialist about the types and amounts of activity appropriate for them.





## Implementation of the Physical Activity Guidelines Through Move Your Way

The Physical Activity Guidelines is written for professional audiences. Therefore, its translation into actionable consumer messages and resources helps individuals, families, and communities achieve the recommendations in the Guidelines. The Move Your Way campaign was created by the Office of Disease Prevention and Health Promotion within the U.S. Department of Health and Human Services to be used by communities, health professionals, educators, and others to communicate to consumers in plain language about the recommendations from the Guidelines, promote the health benefits of meeting the recommendations, and provide tips for how consumers can meet the recommendations.

Campaign resources, including interactive tools, fact sheets, videos, and graphics, are available at <https://www.health.gov/PAGuidelines/>.

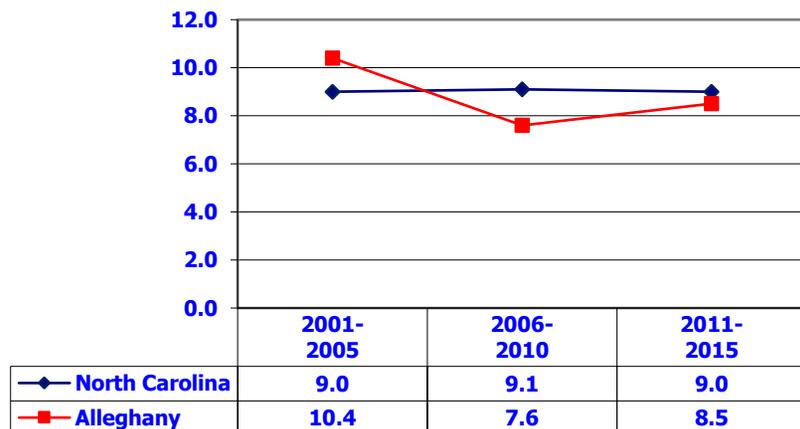
**Figure A-1. Move Your Way Adult Dosage**



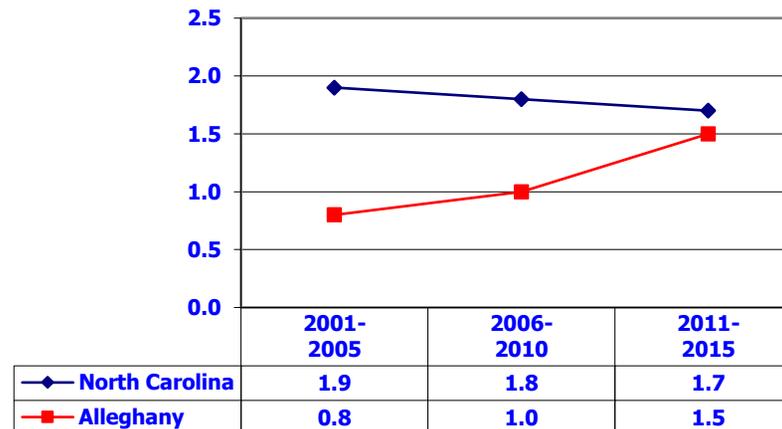
# NORTH CAROLINA STATEWIDE AND COUNTY TRENDS IN KEY HEALTH INDICATORS: ALLEGHANY COUNTY



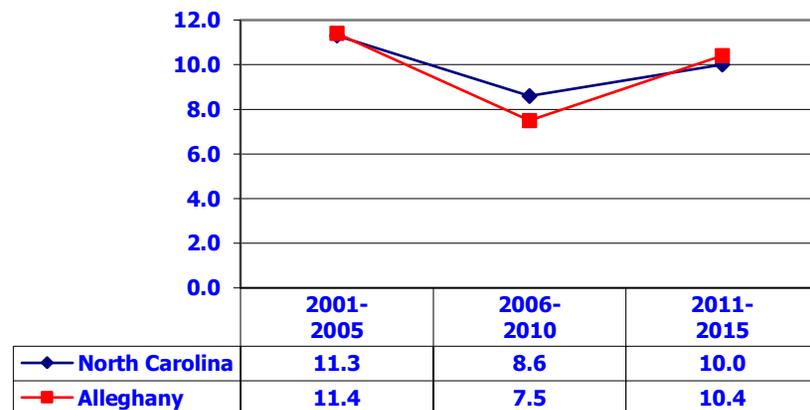
**1. Percentage of Resident Live Births Classified As Low Birthweight (<2,500 grams/5 lbs 8 ozs )**



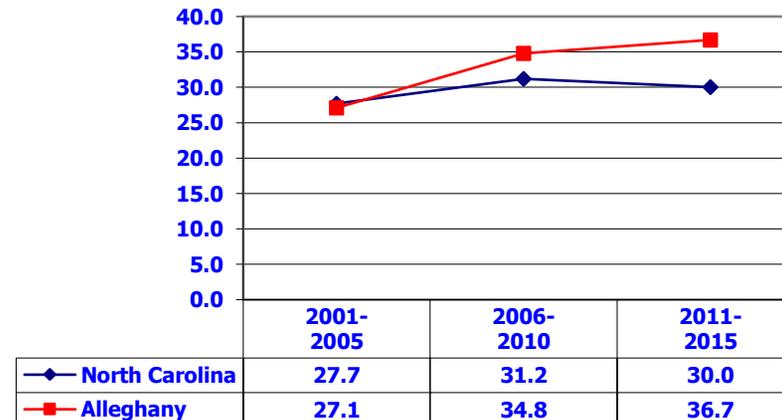
**2. Percentage of Resident Live Births Classified As Very Low Birthweight (<1,500 grams/3 lbs 4 ozs)**



**3. Percentage of Resident Live Births That Were Premature (<37 Weeks Gestation)**



**4. Percentage of Resident Live Births Delivered by Cesarean Section**



**2015 County Population**  
10,837

**% Ages 0-17:**  
17.8%

**% Ages 65+:**  
25.2%

**% NH White:**  
87.2%

**% NH Af.Am.:**  
2.1%

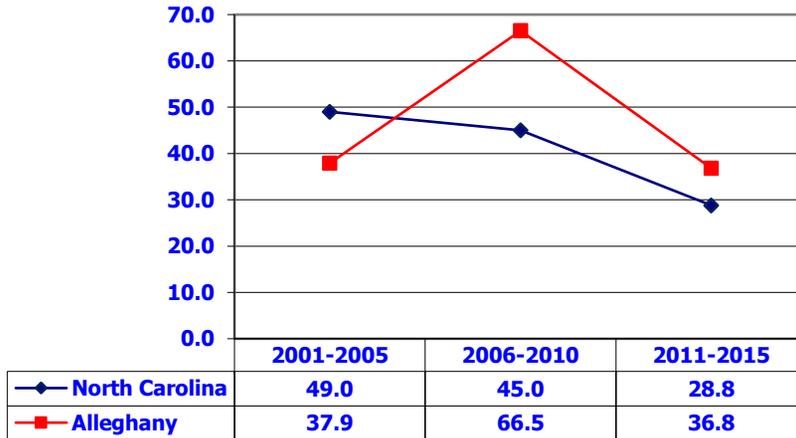
**% NH Other:**  
1.1%

**% Hispanic:**  
9.7%

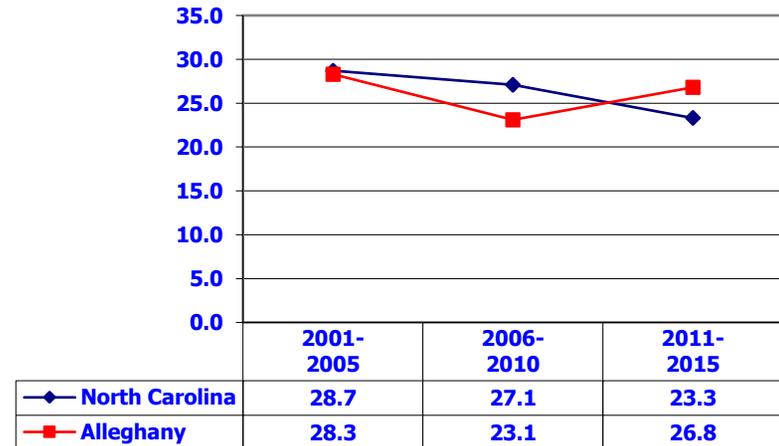
# NORTH CAROLINA STATEWIDE AND COUNTY TRENDS IN KEY HEALTH INDICATORS: ALLEGHANY COUNTY



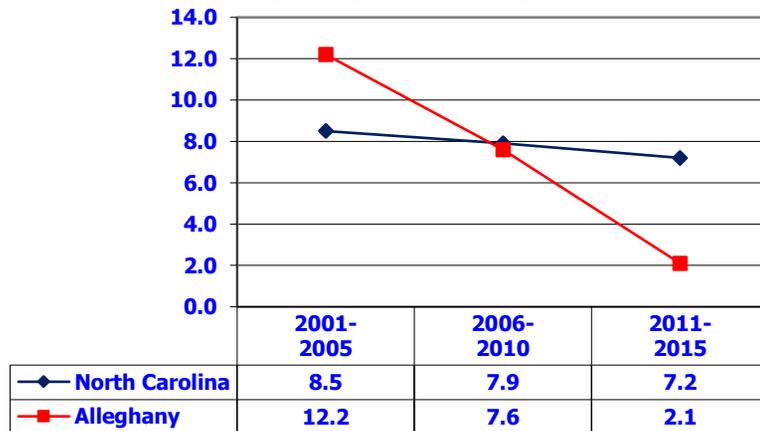
**5. Teen Births (Ages 15-19)  
per 1,000 Female Residents**



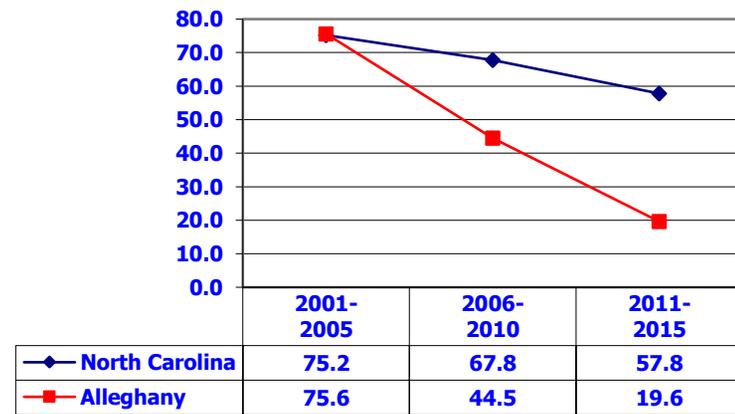
**6. Percentage of Teen Births (Ages 15-19)  
that Were Repeat Pregnancies**



**7. Infant Deaths per 1,000 Live Births  
(Healthy NC 2020 Target=6.3)**



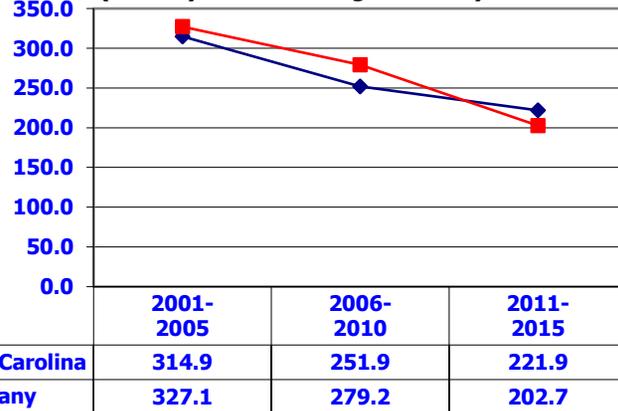
**8. Child Deaths per 100,000 Residents  
Ages 0-17**



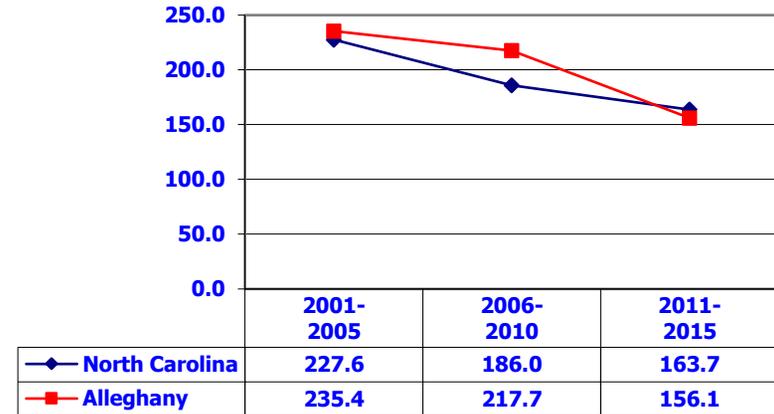
# NORTH CAROLINA STATEWIDE AND COUNTY TRENDS IN KEY HEALTH INDICATORS: ALLEGHANY COUNTY



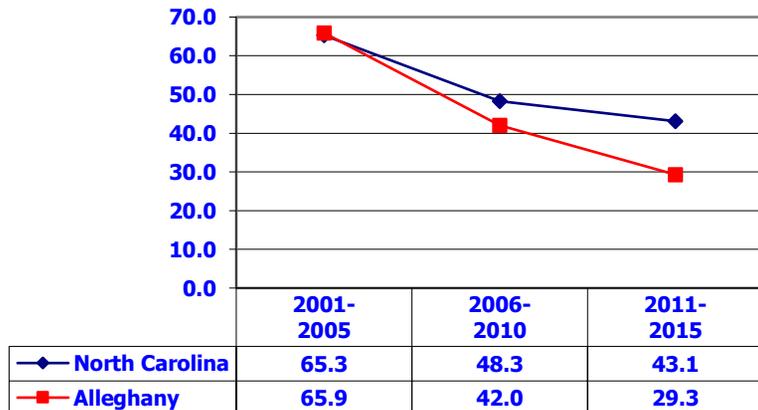
**9. Age-Adjusted Cardiovascular Disease Death Rates per 100,000 Residents (Healthy NC 2020 Target=161.5)**



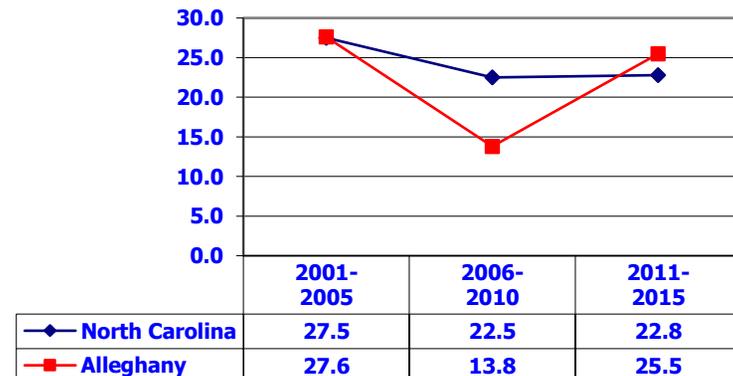
**10. Age-Adjusted Heart Disease Death Rates per 100,000 Residents**



**11. Age-Adjusted Stroke Death Rates per 100,000 Residents**



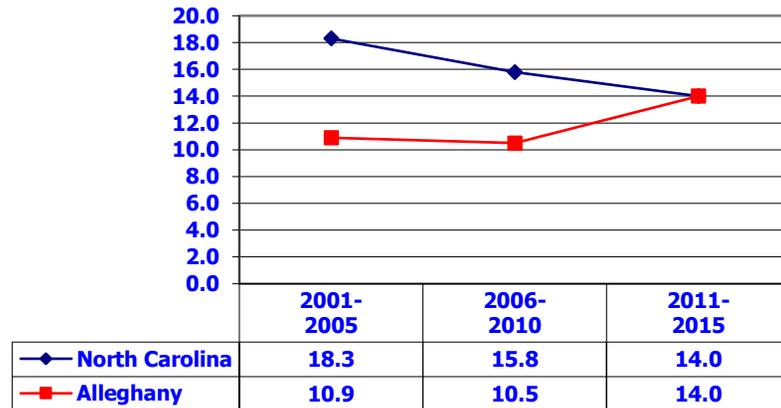
**12. Age-Adjusted Diabetes Death Rates per 100,000 Residents**



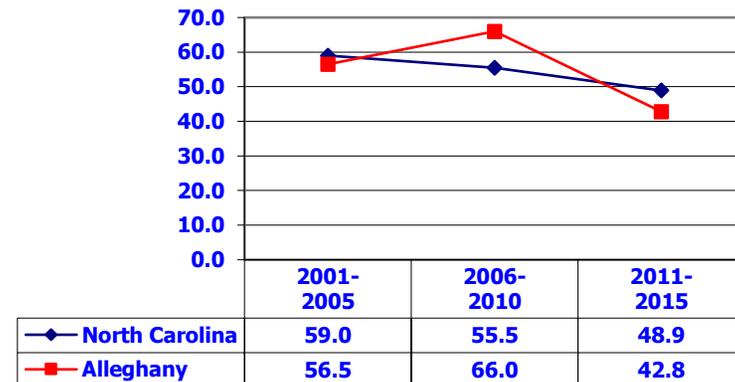
# NORTH CAROLINA STATEWIDE AND COUNTY TRENDS IN KEY HEALTH INDICATORS: ALLEGHANY COUNTY



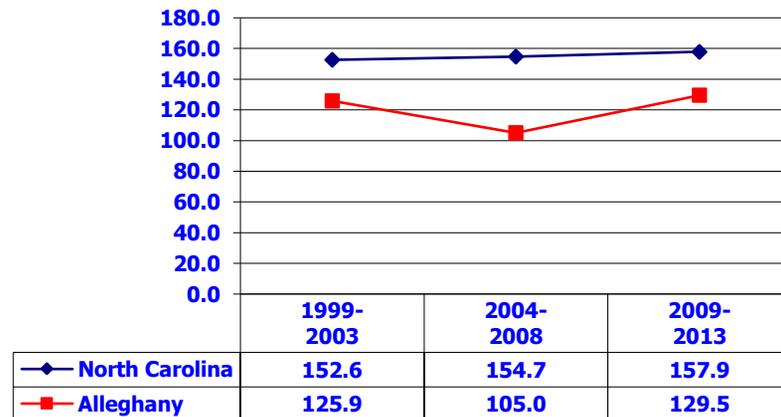
**13. Age-Adjusted Colorectal Cancer Death Rates per 100,000 Residents (Healthy NC 2020 Target=10.1)**



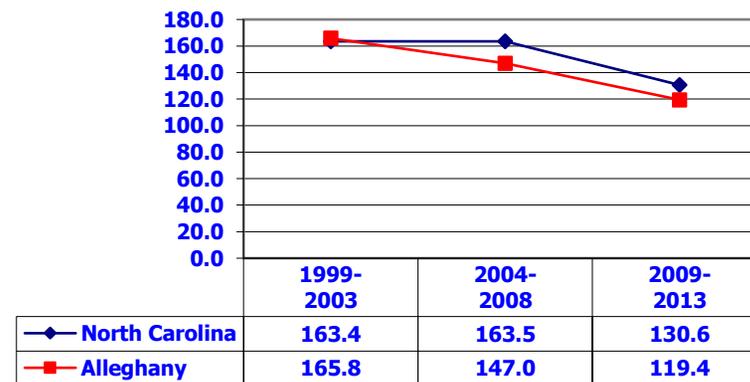
**14. Age-Adjusted Trachea, Bronchus, & Lung Cancer Death Rates per 100,000 Residents**



**15. Age-Adjusted Female Breast Cancer Incidence Rates per 100,000 Residents**



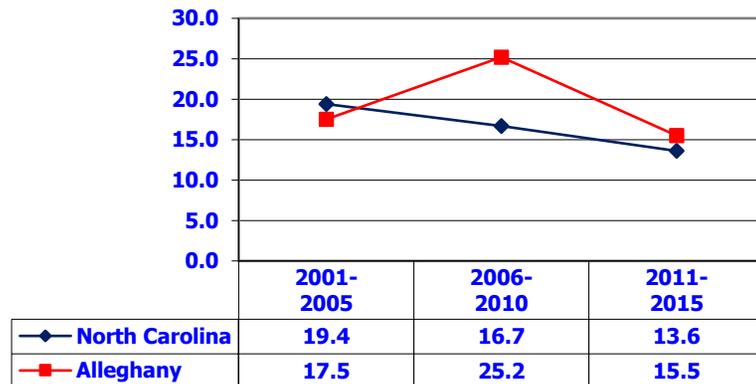
**16. Age-adjusted Prostate Cancer Incidence Rates per 100,000 Residents**



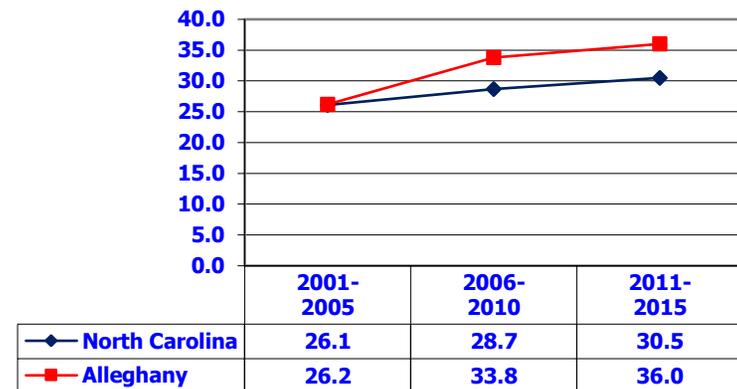
# NORTH CAROLINA STATEWIDE AND COUNTY TRENDS IN KEY HEALTH INDICATORS: ALLEGHANY COUNTY



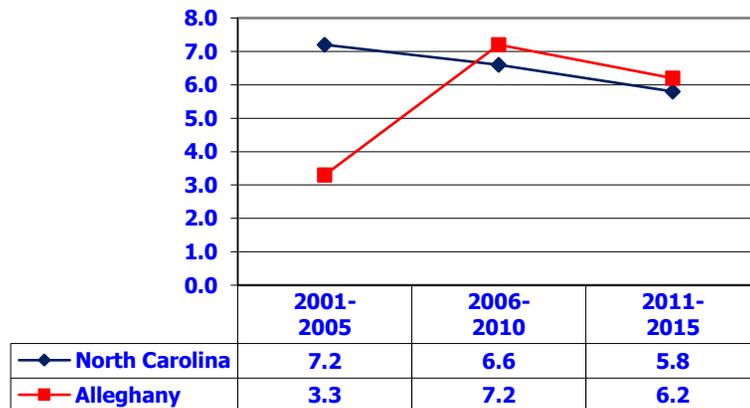
**17. Age-Adjusted Unintentional Motor Vehicle Injury Death Rates per 100,000 Residents**



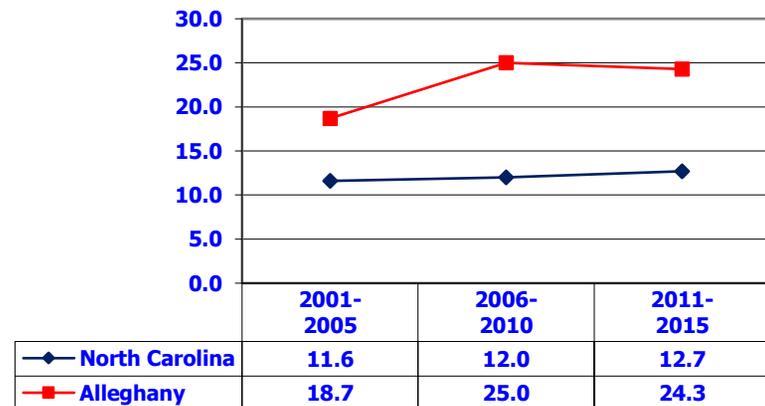
**18. Age-Adjusted Unintentional Injury Death Rates per 100,000 Residents (excluding Motor Vehicle Deaths)**



**19. Age-Adjusted Homicide Rates per 100,000 Residents (Healthy NC 2020 Target=6.7)**



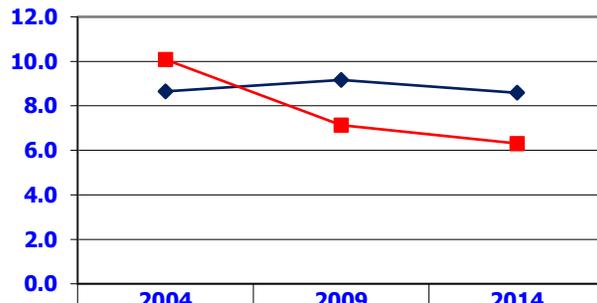
**20. Age-Adjusted Suicide Rates per 100,000 Residents (Healthy NC 2020 Target=8.3)**



# NORTH CAROLINA STATEWIDE AND COUNTY TRENDS IN KEY HEALTH INDICATORS: ALLEGHANY COUNTY

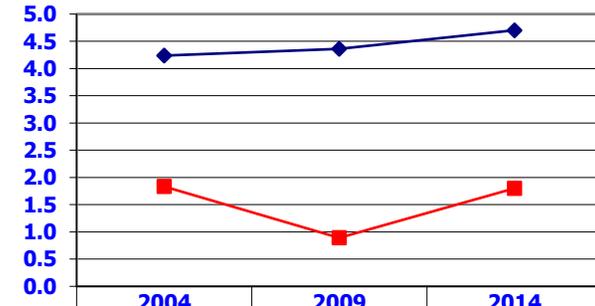


**21. Number of Primary Care Physicians per 10,000 Residents**



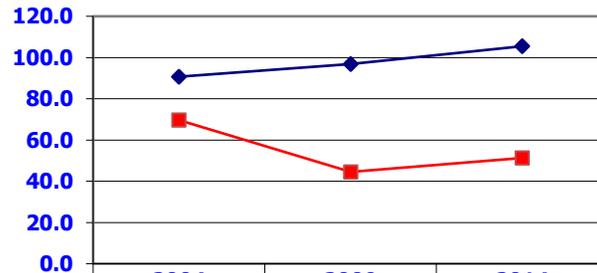
	2004	2009	2014
North Carolina	8.6	9.2	8.6
Alleghany	10.1	7.1	6.3

**22. Number of Dentists per 10,000 Residents**



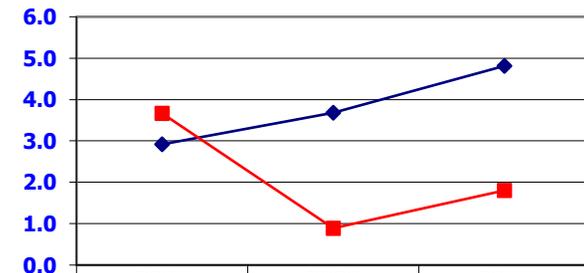
	2004	2009	2014
North Carolina	4.2	4.4	4.7
Alleghany	1.8	0.9	1.8

**23. Number of Registered Nurses per 10,000 Residents**



	2004	2009	2014
North Carolina	90.7	96.9	105.5
Alleghany	69.6	44.5	51.4

**24. Number of Physician Assistants per 10,000 Residents**



	2004	2009	2014
North Carolina	2.9	3.7	4.8
Alleghany	3.7	0.9	1.8

## **Appendix II**

- **Parks and Recreation Community Survey**
- **Complete Community Survey Results**
- **Stakeholder Interviews – Complete Notes**



# Allegheny County Parks & Recreation Survey

Allegheny County is currently in the process of updating our parks and recreation plan. The plan will be principally based on citizen input, primarily through this survey. Final recommendations in the plan will be used by County staff and the Board of Commissioners in making budgeting decisions. Our objective is to ensure that funds are spent only on projects that the majority of citizens desire, and that offer the greatest return on investment.

Your opinion is critical in determining the recommendations that will be included in the plan. Please take a few minutes to answer the questions in this survey. We encourage you to respond to all the questions but completing even a part of the survey will provide valuable information.

## 1. For each of the following types of recreation facilities, please indicate how strongly you agree or disagree that the facilities should be added or expanded in Allegheny County.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Hunting & Fishing (Fishing docks, archery range, rifle range, etc.)	<input type="radio"/>				
Organized Sports Facilities (Basketball courts, volleyball courts, tennis courts, baseball/softball fields, soccer/football fields, etc.)	<input type="radio"/>				

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Family Recreation (Picnic areas, rest and relaxation areas, horseshoe pits, skate/bike park, sledding hill, dog park, outdoor entertainment at the fairgrounds, etc.)	<input type="radio"/>				
Senior Recreation Sports (Tetherball, pickleball, shuffle board courts, bocce ball courts, etc.)	<input type="radio"/>				
Paddle Sports (Canoe, tubing, kayak, etc.)	<input type="radio"/>				
Recreational Sports (Golf course, driving range, putting green, disc golf, etc.)	<input type="radio"/>				

2. For each of the following types of recreation facilities, please indicate how strongly you agree or disagree that they should be added to existing facilities in Alleghany County.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Unfamiliar w/ Facility
Archery Range	<input type="radio"/>					
Paved walking/biking trails	<input type="radio"/>					

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Unfamiliar w/ Facility
Natural surface hiking trails	<input type="radio"/>					
Mountain biking trails	<input type="radio"/>					
Picnic shelters	<input type="radio"/>					
Outdoor grills	<input type="radio"/>					
Outdoor basketball courts	<input type="radio"/>					
Outdoor sand volleyball courts	<input type="radio"/>					
Tennis courts	<input type="radio"/>					
Baseball/softball fields	<input type="radio"/>					
Multi-purpose athletic fields (soccer, football, etc.)	<input type="radio"/>					
Outdoor climbing wall/tower	<input type="radio"/>					
Playgrounds	<input type="radio"/>					
Rest & relaxation areas	<input type="radio"/>					
Horseshoe pits	<input type="radio"/>					
Skateboard/bike park	<input type="radio"/>					
Outdoor batting cages	<input type="radio"/>					
Dog park	<input type="radio"/>					
Corn hole/bean bag toss games	<input type="radio"/>					
Tetherball	<input type="radio"/>					
Four square courts	<input type="radio"/>					
Shuffleboard courts	<input type="radio"/>					

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Unfamiliar w/ Facility
Concessions	<input type="radio"/>					
Restrooms at parks	<input type="radio"/>					
Community gardens	<input type="radio"/>					
Benches	<input type="radio"/>					
Croquet fields	<input type="radio"/>					
Sledding hill	<input type="radio"/>					
Sprayground/water spray park	<input type="radio"/>					
Disc golf course	<input type="radio"/>					
Bocce ball courts	<input type="radio"/>					
Recreation features accessible to the handicapped	<input type="radio"/>					
Fitness stations	<input type="radio"/>					
Improvements to pool at Duncan Recreation Center	<input type="radio"/>					

Other (please specify)

**3. For each of the statements below, mark the choice that describes your opinion.**

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Additional public parks and recreation facilities are needed in Alleghany County.	<input type="radio"/>				

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
New public parks and recreation areas should be one of the priorities for Allegheny County Government.	<input type="radio"/>				

Using County funds to pay for new public parks and recreation facilities is acceptable.	<input type="radio"/>				
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Repairs to existing parks and recreation facilities are needed.	<input type="radio"/>				
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The County should purchase land to prepare for long-term parks and recreation needs.	<input type="radio"/>				
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The County should purchase land to develop athletic fields and recreation facilities in the near future.	<input type="radio"/>				
--	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Upgrades to existing athletic fields are needed.	<input type="radio"/>				
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Fitness facilities at the Wellness Center should be expanded.	<input type="radio"/>				
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**4. Please indicate how you would distribute \$100 to these various public parks and recreation categories (please make sure the amounts in the four areas total to \$100).**

Acquisition of new parkland or land for recreation facilities

Improvements or maintenance of existing recreation and park facilities

Development of new parks and recreation facilities

Other (Please Explain)

**5. In the last year, how many times have you visited or used a public park or recreation area in Allegheny County, whether operated by town, county, state, or federal government?**

Not at all

26-50 times

1-5 times

More than 50 times

6-10 times

Don't remember

11-25 times

## 6. How often do you visit these public parks and recreation areas in Allegheny County?

	All the time	Frequently	Occasionally	Rarely	Not at all
Crouse Park	<input type="radio"/>				
Sam Brown Park	<input type="radio"/>				
Allegheny Fairgrounds	<input type="radio"/>				
Stone Mountain State Park	<input type="radio"/>				
New River	<input type="radio"/>				
Blue Ridge Parkway	<input type="radio"/>				
Doughton Park	<input type="radio"/>				
Allegheny Wellness Center	<input type="radio"/>				
Recreation facilities at schools	<input type="radio"/>				
Duncan Recreation Center	<input type="radio"/>				
Veterans Memorial Park	<input type="radio"/>				

What other public parks or recreation areas do you visit?

**7. What prevents you from using a public park or recreation area more often?**

- Not enough time/too busy
- Do not want to/no desire
- Age
- Health reasons
- No parks/not enough parks in my area
- Not handicap accessible
- Not sure what is available
- Prefer nonpublic parks/recreation or own yard/facilities
- Lack of transportation
- Don't know/refused

Other (please specify)

**8. Overall how satisfied are you with the public parks and recreation areas in Allegheny County, whether operated by town, county, state or federal government?**

- Very satisfied
- Satisfied
- Somewhat Satisfied
- Not At All Satisfied
- Don't Know

**9. What is your gender?**

- Female
- Male

**10. What is your ethnicity? (Please select all that apply)**

- American Indian or Alaskan Native
- Asian or Asian American
- Black or African American
- Hispanic or Latino
- White/Caucasian
- Native Hawaiian or other Pacific Islander
- Prefer not to answer

Other (please specify)

**11. What are the ages of the adults who live in your household?**

**12. If applicable, what are the ages of the children who live in your household?**

**13. Are you a resident of Alleghany County?**

Yes

No

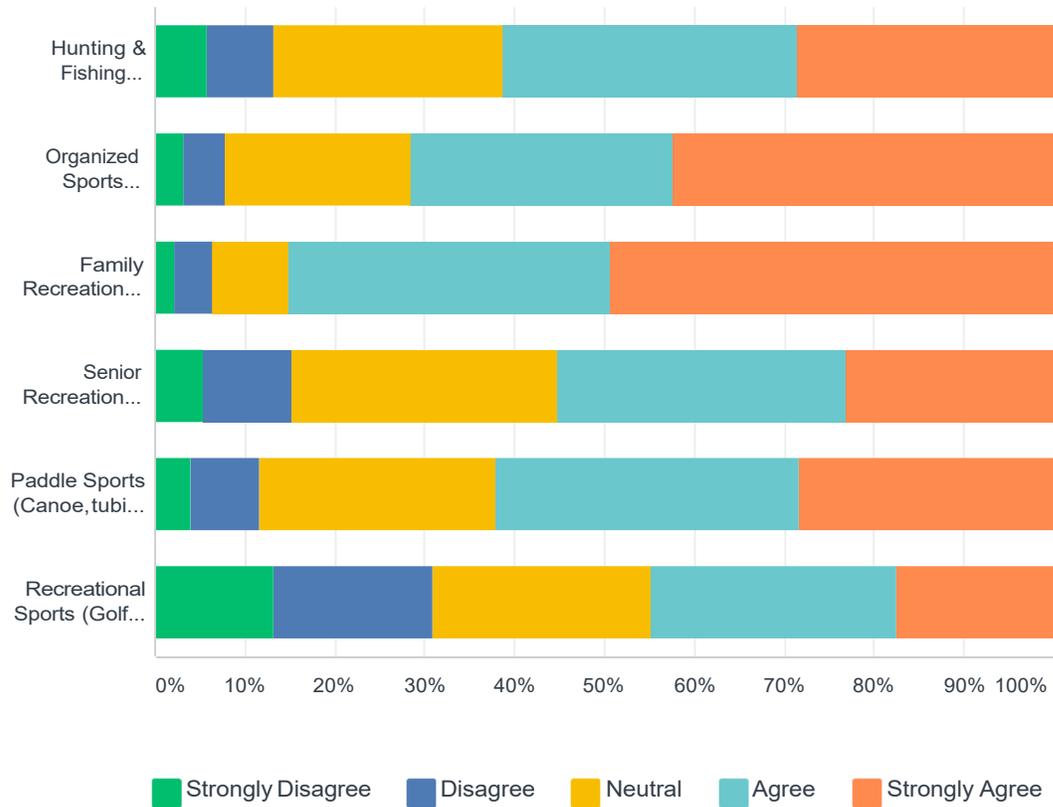
**14. If you are a resident of Alleghany County, in what community or section of the county do you live?**

**15. Thank you for your responding to the survey. Your opinions will provide valuable information for the development of the recreation plan. If you wish to elaborate on any of your answers, or comment on any parks and recreation issue, please feel free to do so using the comment box.**

# Allegheny County Parks and Recreation Community Survey Results

Q1 For each of the following types of recreation facilities, please indicate how strongly you agree or disagree that the facilities should be added or expanded in Allegheny County.

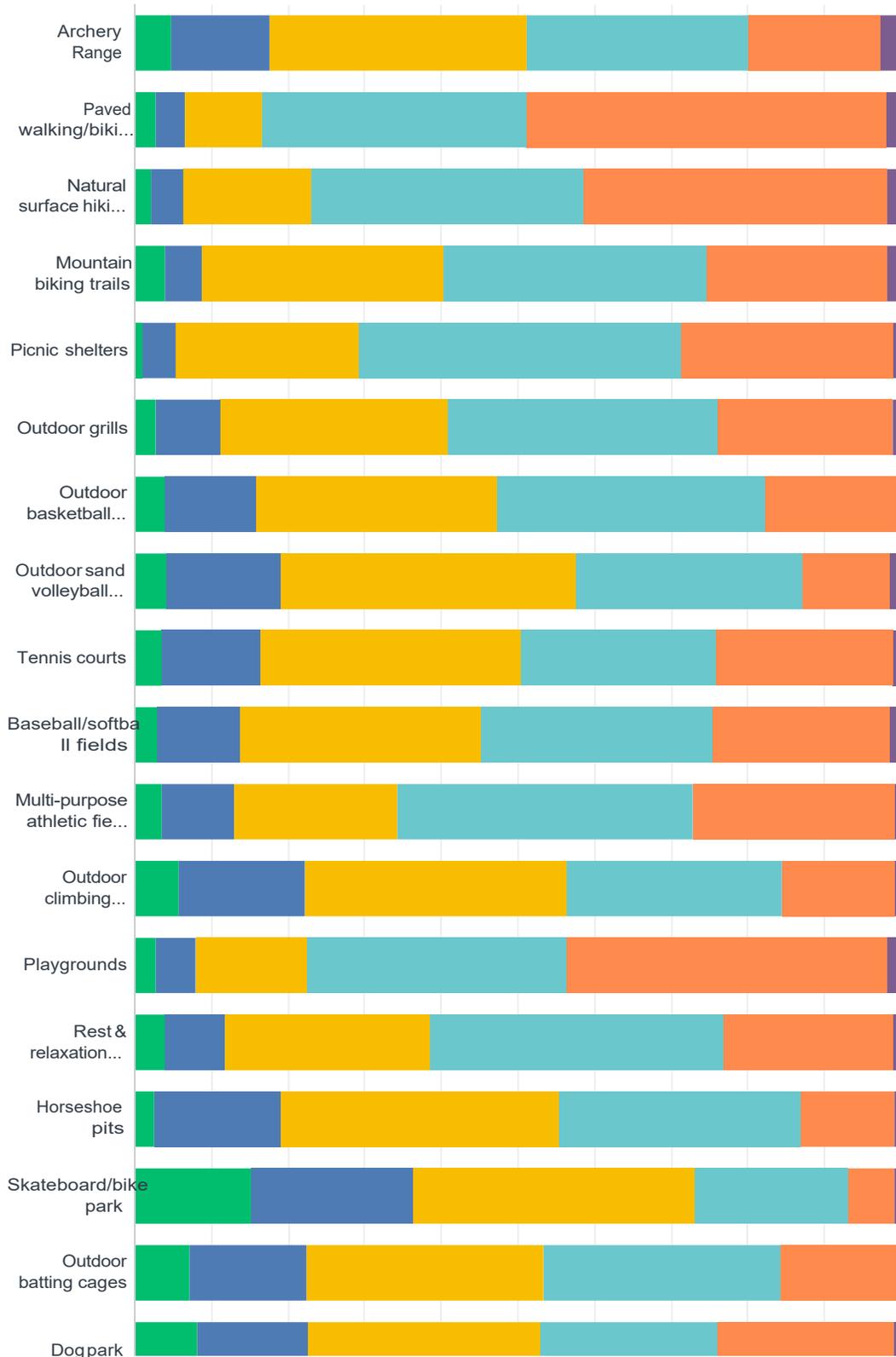
Answered: 279 Skipped: 1

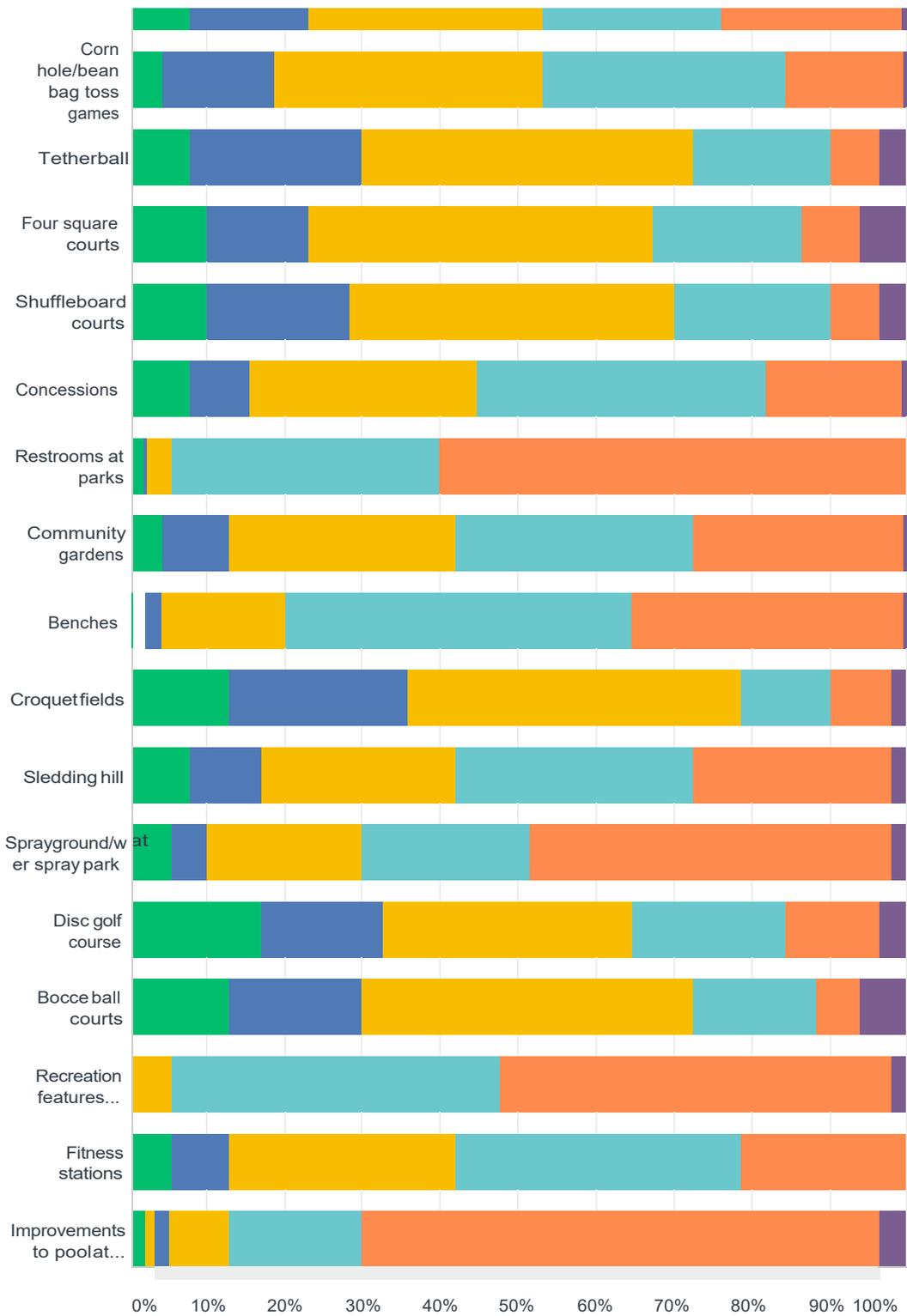


	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE	TOTAL
Hunting & Fishing (Fishing docks, archery range, rifle range, etc.)	5.76% 16	7.55% 21	25.54% 71	32.73% 91	28.42% 79	278
Organized Sports Facilities (Basketball courts, volleyball courts, tennis courts, baseball/softball fields, soccer/football fields, etc.)	3.24% 9	4.68% 13	20.50% 57	29.14% 81	42.45% 118	278
Family Recreation (Picnic areas, rest and relaxation areas, horseshoe pits, skate/bike park, sledding hill, dog park, outdoor entertainment at the fairgrounds, etc.)	2.17% 6	4.33% 12	8.30% 23	35.74% 99	49.46% 137	277
Senior Recreation Sports (Tetherball, pickleball, shuffle board courts, bocce ball courts, etc.)	5.42% 15	9.75% 27	29.60% 82	32.13% 89	23.10% 64	277
Paddle Sports (Canoe, tubing, kayak, etc.)	3.99% 11	7.61% 21	26.45% 73	33.70% 93	28.26% 78	276
Recreational Sports (Golf course, driving range, putting green, disc golf, etc.)	13.26% 37	17.56% 49	24.37% 68	27.24% 76	17.56% 49	279

Q2 For each of the following types of recreation facilities, please indicate how strongly you agree or disagree that they should be added to existing facilities in Allegheny County.

Answered: 280 Skipped: 0





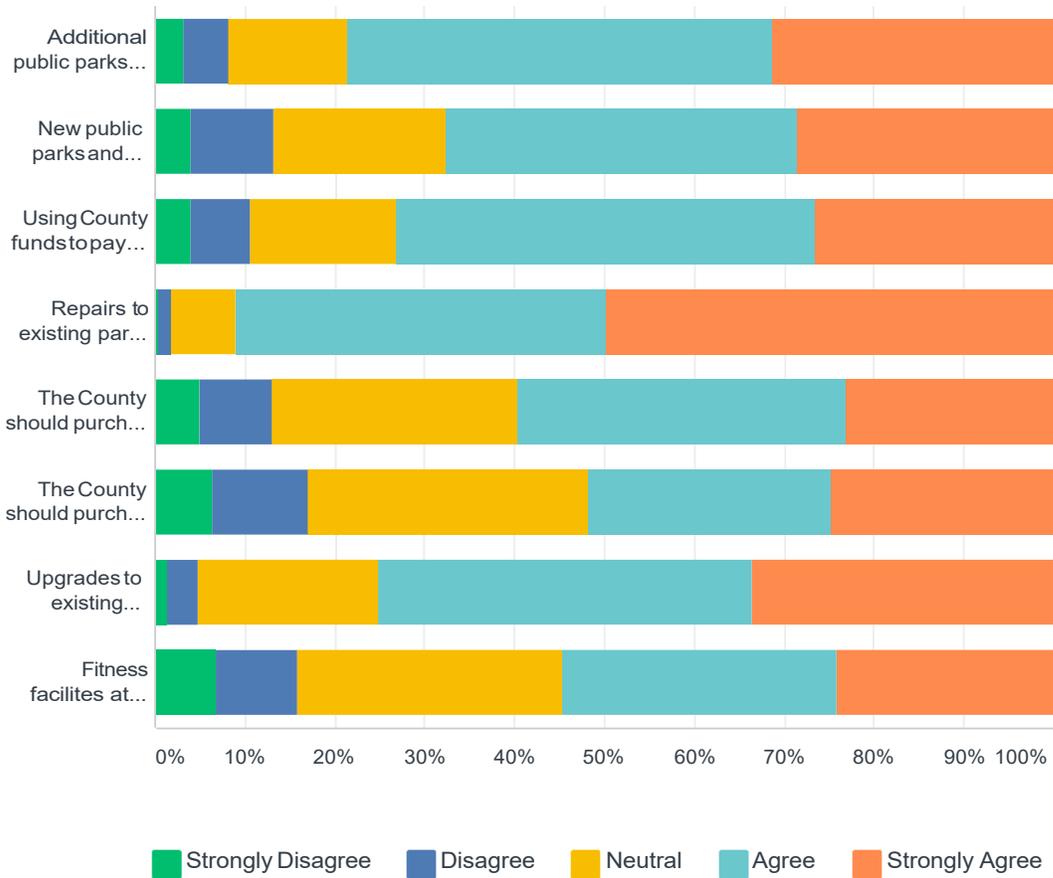
■ Strongly Disagree   
 ■ Disagree   
 ■ Neutral   
 ■ Agree   
 ■ Strongly Agree   
 ■ Unfamiliar w/Facility

	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE	UNFAMILIAR W/ FACILITY	TOTAL
Archery Range	4.89% 13	12.78% 34	33.46% 89	28.95% 77	17.29% 46	2.63% 7	266
Paved walking/biking trails	2.91% 8	3.64% 10	10.18% 28	34.55% 95	46.91% 129	1.82% 5	275
Natural surface hiking trails	2.16% 6	4.32% 12	16.55% 46	35.61% 99	39.57% 110	1.80% 5	278
Mountain biking trails	4.04% 11	4.78% 13	31.62% 86	34.19% 93	23.53% 64	1.84% 5	272
Picnic shelters	1.09% 3	4.35% 12	23.91% 66	42.03% 116	27.54% 76	1.09% 3	276
Outdoor grills	2.90% 8	8.33% 23	29.71% 82	35.14% 97	22.83% 63	1.09% 3	276
Outdoor basketball courts	3.99% 11	11.96% 33	31.52% 87	34.78% 96	17.39% 48	0.36% 1	276
Outdoor sand volleyball courts	4.32% 12	14.75% 41	38.49% 107	29.50% 82	11.51% 32	1.44% 4	278
Tennis courts	3.65% 10	12.77% 35	33.94% 93	25.55% 70	22.99% 63	1.09% 3	274
Baseball/softball fields	2.92% 8	10.95% 30	31.39% 86	30.29% 83	22.99% 63	1.46% 4	274
Multi-purpose athletic fields (soccer, football, etc.)	3.61% 10	9.39% 26	21.30% 59	38.63% 107	26.35% 73	0.72% 2	277
Outdoor climbing wall/tower	5.86% 16	16.48% 45	34.07% 93	28.21% 77	14.65% 40	0.73% 2	273
Playgrounds	2.90% 8	5.07% 14	14.49% 40	34.06% 94	41.67% 115	1.81% 5	276
Rest & relaxation areas	4.04% 11	7.72% 21	26.84% 73	38.24% 104	22.06% 60	1.10% 3	272
Horseshoe pits	2.55% 7	16.42% 45	36.50% 100	31.39% 86	12.41% 34	0.73% 2	274
Skateboard/bike park	15.27% 42	21.09% 58	36.73% 101	20.00% 55	6.18% 17	0.73% 2	275
Outdoor batting cages	7.27% 20	15.27% 42	30.91% 85	30.91% 85	15.27% 42	0.36% 1	275
Dog park	8.30% 23	14.44% 40	30.32% 84	23.10% 64	23.10% 64	0.72% 2	277
Corn hole/bean bag toss games	4.80% 13	14.02% 38	34.69% 94	31.00% 84	15.13% 41	0.37% 1	271
Tetherball	8.73% 24	21.82% 60	41.45% 114	18.18% 50	5.45% 15	4.36% 12	275
Four square courts	9.59% 26	14.02% 38	43.91% 119	18.82% 51	7.75% 21	5.90% 16	271
Shuffleboard courts	9.16% 25	19.41% 53	41.76% 114	19.41% 53	6.59% 18	3.66% 10	273
Concessions	8.06% 22	7.69% 21	28.94% 79	37.00% 101	17.58% 48	0.73% 2	273
Restrooms at parks	1.44% 4	0.36% 1	4.69% 13	32.85% 91	58.84% 163	1.81% 5	277

Community gardens	5.05%	7.58%	29.96%	30.69%	26.35%	0.36%	
	14	21	83	85	73	1	277
Benches	1.80%	2.52%	16.91%	43.17%	35.25%	0.36%	
	5	7	47	120	98	1	278
Croquet fields	13.09%	22.91%	42.91%	11.64%	7.27%	2.18%	
	36	63	118	32	20	6	275
Sledding hill	6.93%	10.58%	24.45%	30.66%	25.18%	2.19%	
	19	29	67	84	69	6	274
Sprayground/water spray park	5.45%	5.45%	19.64%	21.09%	45.82%	2.55%	
	15	15	54	58	126	7	275
Disc golf course	16.91%	15.81%	32.35%	19.12%	12.50%	3.31%	
	46	43	88	52	34	9	272
Bocce ball courts	12.55%	18.45%	41.33%	15.87%	5.17%	6.64%	
	34	50	112	43	14	18	271
Recreation features accessible to the handicapped	0.00%	0.00%	6.47%	41.37%	49.64%	2.52%	
	0	0	18	115	138	7	278
Fitness stations	5.17%	8.49%	28.04%	36.90%	19.56%	1.85%	
	14	23	76	100	53	5	271
Improvements to pool at Duncan Recreation Center	2.17%	1.81%	9.42%	17.39%	65.58%	3.62%	
	6	5	26	48	181	10	276

# Q3 For each of the statements below, mark the choice that describes your opinion.

Answered: 278 Skipped: 2



	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE	TOTAL
Additional public parks and recreation facilities are needed in Allegheny County.	3.24% 9	5.04% 14	13.31% 37	47.12% 131	31.29% 87	278
New public parks and recreation areas should be one of the priorities for Allegheny County Government.	3.96% 11	9.35% 26	19.06% 53	39.21% 109	28.42% 79	278
Using County funds to pay for new public parks and recreation facilities is acceptable.	4.00% 11	6.55% 18	16.36% 45	46.55% 128	26.55% 73	275
Repairs to existing parks and recreation facilities are needed.	0.36% 1	1.44% 4	7.22% 20	41.16% 114	49.82% 138	277
The County should purchase land to prepare for long-term parks and recreation needs.	5.05% 14	7.94% 22	27.44% 76	36.46% 101	23.10% 64	277
The County should purchase land to develop athletic fields and recreation facilities in the near future.	6.52% 18	10.51% 29	31.16% 86	27.17% 75	24.64% 68	276
Upgrades to existing athletic fields are needed.	1.46% 4	3.28% 9	20.07% 55	41.61% 114	33.58% 92	274
Fitness facilities at the Wellness Center should be expanded.	6.83% 19	8.99% 25	29.50% 82	30.58% 85	24.10% 67	278

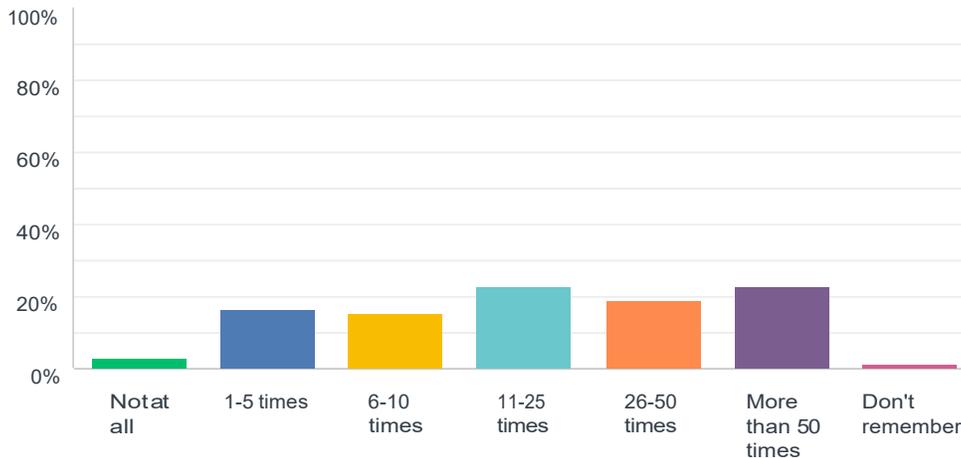
Q4 Please indicate how you would distribute \$100 to these various public parks and recreation categories (please make sure the amounts in the four areas total to \$100).

Answered: 227 Skipped: 53

ANSWER CHOICES	RESPONSES	
Acquisition of new parkland or land for recreation facilities	70.93%	161
Improvements or maintenance of existing recreation and park facilities	91.63%	208
Development of new parks and recreation facilities	81.94%	186
Other (Please Explain)	22.03%	50

# Q5 In the last year, how many times have you visited or used a public park or recreation area in Allegheny County, whether operated by town, county, state, or federal government?

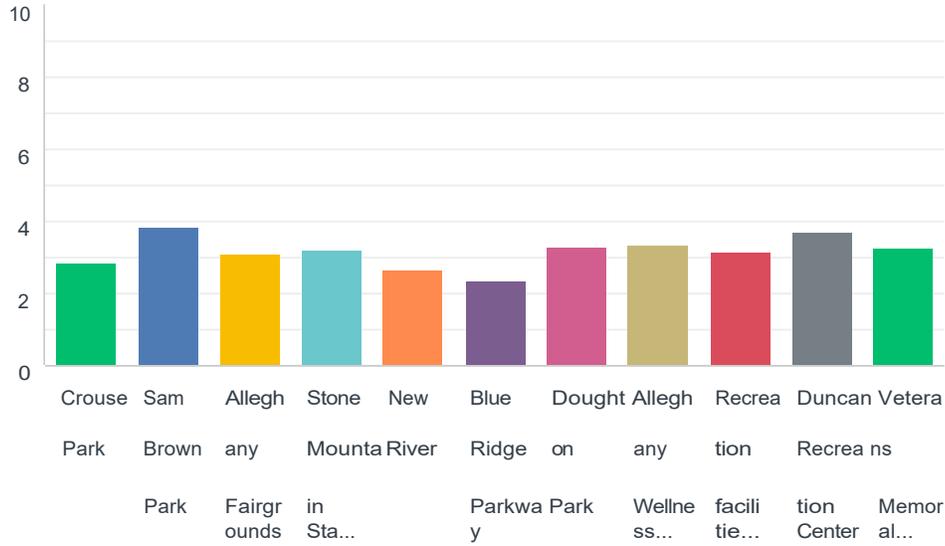
Answered: 276 Skipped: 4



ANSWER CHOICES	RESPONSES	
Not at all	2.90%	8
1-5 times	16.67%	46
6-10 times	15.58%	43
11-25 times	23.19%	64
26-50 times	18.84%	52
More than 50 times	23.19%	64
Don't remember	1.45%	4
Total Respondents: 276		

# Q6 How often do you visit these public parks and recreation areas in Allegheny County?

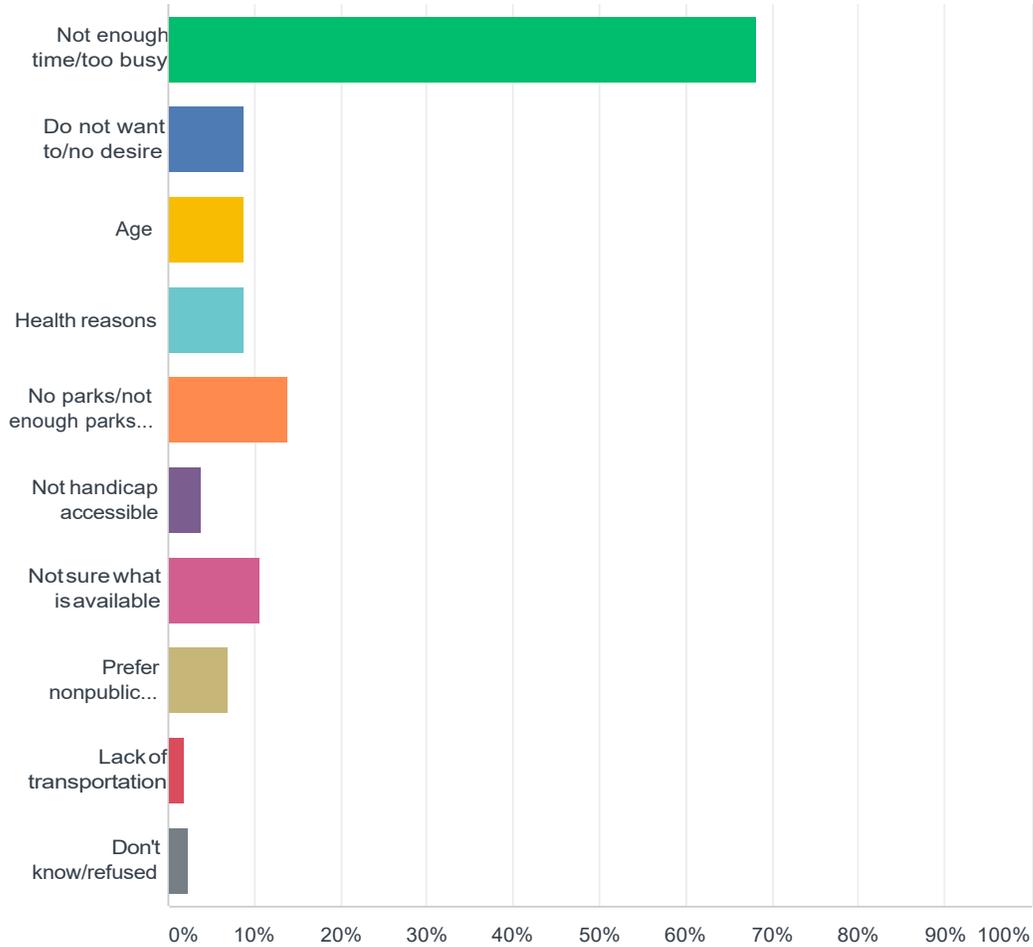
Answered: 277 Skipped: 3



	ALL THE TIME	FREQUENTLY	OCCASIONALLY	RARELY	NOT AT ALL	TOTAL	WEIGHTED AVERAGE
Crouse Park	5.82% 16	26.91% 74	46.55% 128	16.00% 44	4.73% 13	275	2.87
Sam Brown Park	0.37% 1	5.90% 16	28.41% 77	37.27% 101	28.04% 76	271	3.87
Alleghany Fairgrounds	2.57% 7	18.01% 49	51.84% 141	19.85% 54	7.72% 21	272	3.12
Stone Mountain State Park	5.84% 16	19.34% 53	35.77% 98	25.18% 69	13.87% 38	274	3.22
New River	14.65% 40	32.97% 90	32.23% 88	10.62% 29	9.52% 26	273	2.67
Blue Ridge Parkway	22.10% 61	36.23% 100	29.71% 82	9.06% 25	2.90% 8	276	2.34
Doughton Park	5.47% 15	18.98% 52	31.39% 86	27.01% 74	17.15% 47	274	3.31
Alleghany Wellness Center	13.45% 37	16.73% 46	17.45% 48	24.36% 67	28.00% 77	275	3.37
Recreation facilities at schools	15.94% 44	21.74% 60	21.38% 59	15.22% 42	25.72% 71	276	3.13
Duncan Recreation Center	3.27% 9	12.36% 34	26.91% 74	24.36% 67	33.09% 91	275	3.72
Veterans Memorial Park	6.96% 19	23.44% 64	30.04% 82	17.95% 49	21.61% 59	273	3.24

# Q7 What prevents you from using a public park or recreation area more often?

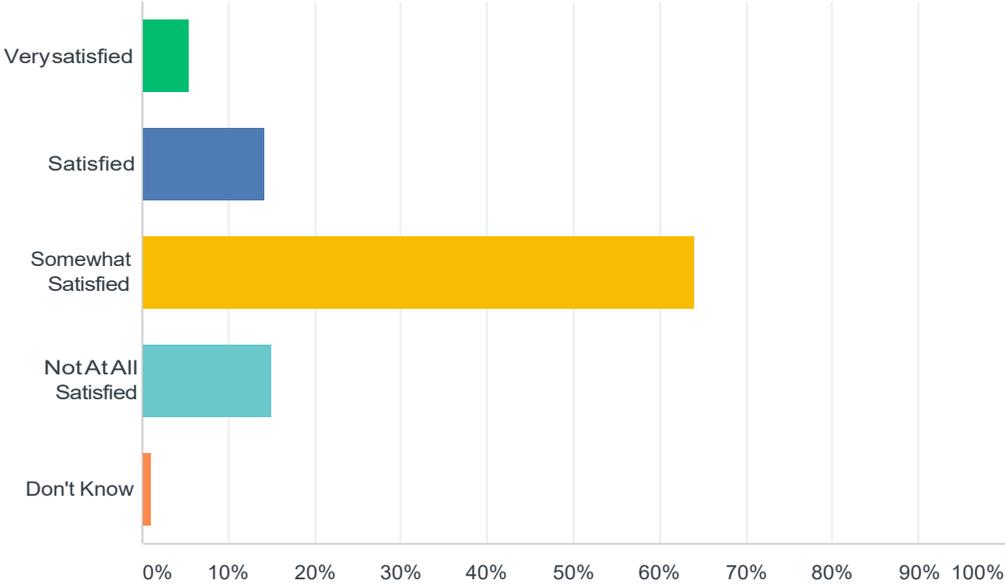
Answered: 217 Skipped: 63



ANSWER CHOICES	RESPONSES	
Not enough time/too busy	68.20%	148
Do not want to/no desire	8.76%	19
Age	8.76%	19
Health reasons	8.76%	19
No parks/not enough parks in my area	13.82%	30
Not handicap accessible	3.69%	8
Not sure what is available	10.60%	23
Prefer nonpublic parks/recreation or own yard/facilities	6.91%	15
Lack of transportation	1.84%	4
Don't know/refused	2.30%	5

# Q8 Overall how satisfied are you with the public parks and recreation areas in Alleghany County, whether operated by town, county, state or federal government?

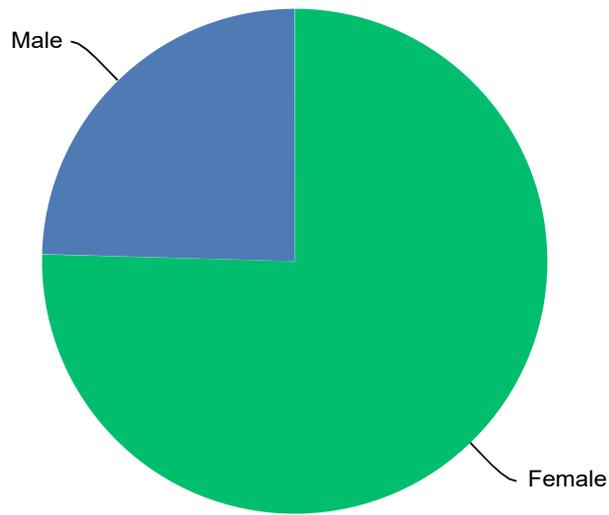
Answered: 273 Skipped: 7



ANSWER CHOICES	RESPONSES	
Very satisfied	5.49%	15
Satisfied	14.29%	39
Somewhat Satisfied	64.10%	175
Not At All Satisfied	15.02%	41
Don't Know	1.10%	3
<b>TOTAL</b>		<b>273</b>

# Q9 What is your gender?

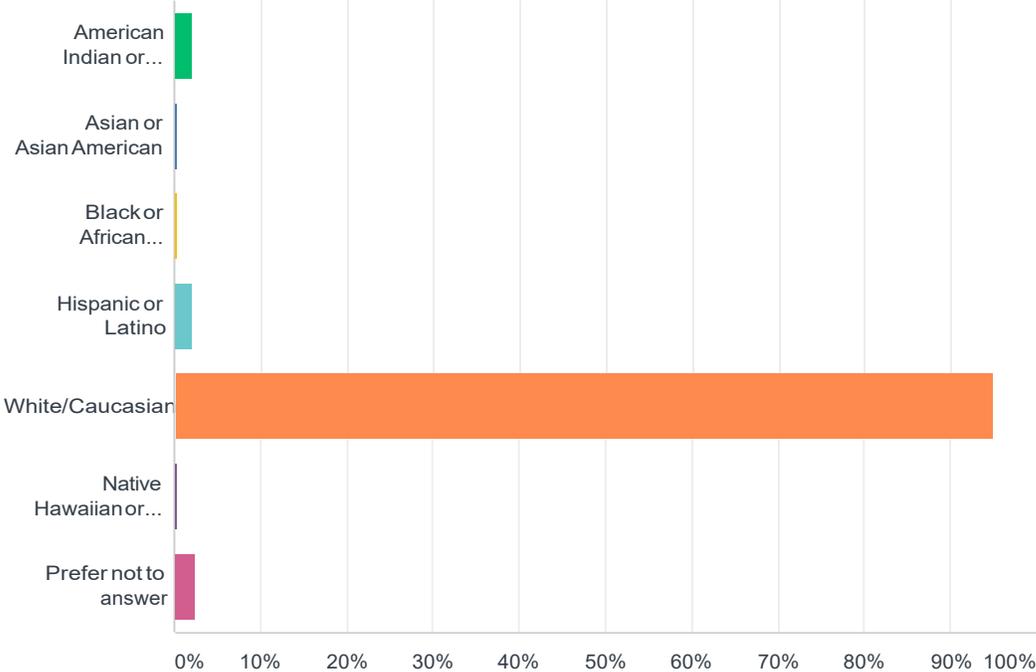
Answered: 273 Skipped: 7



ANSWER CHOICES	RESPONSES	
Female	75.46%	206
Male	24.54%	67
TOTAL		273

# Q10 What is your ethnicity? (Please select all that apply)

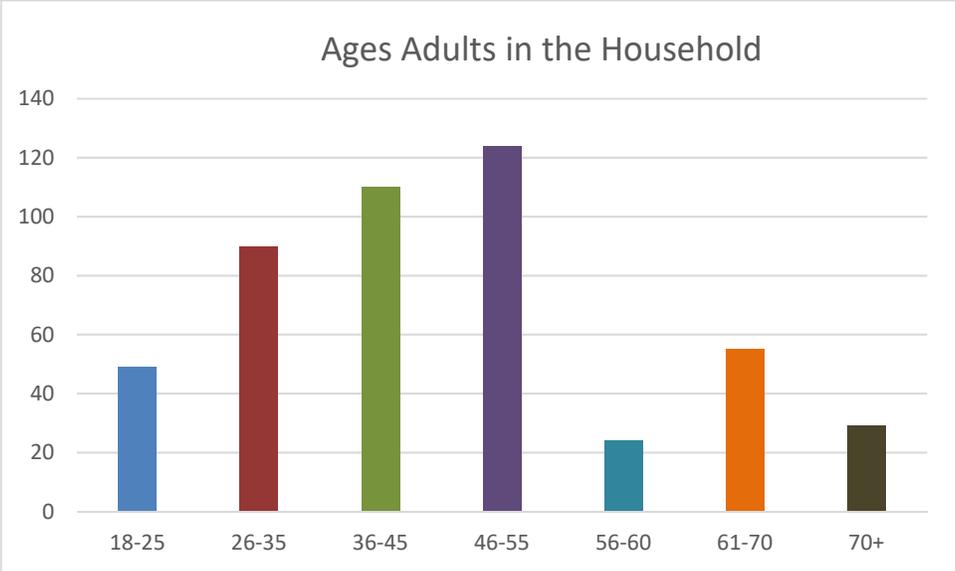
Answered: 276 Skipped: 4



ANSWER CHOICES	RESPONSES	
American Indian or Alaskan Native	2.17%	6
Asian or Asian American	0.36%	1
Black or African American	0.36%	1
Hispanic or Latino	2.17%	6
White/Caucasian	94.93%	262
Native Hawaiian or other Pacific Islander	0.36%	1
Prefer not to answer	2.54%	7
Total Respondents: 276		

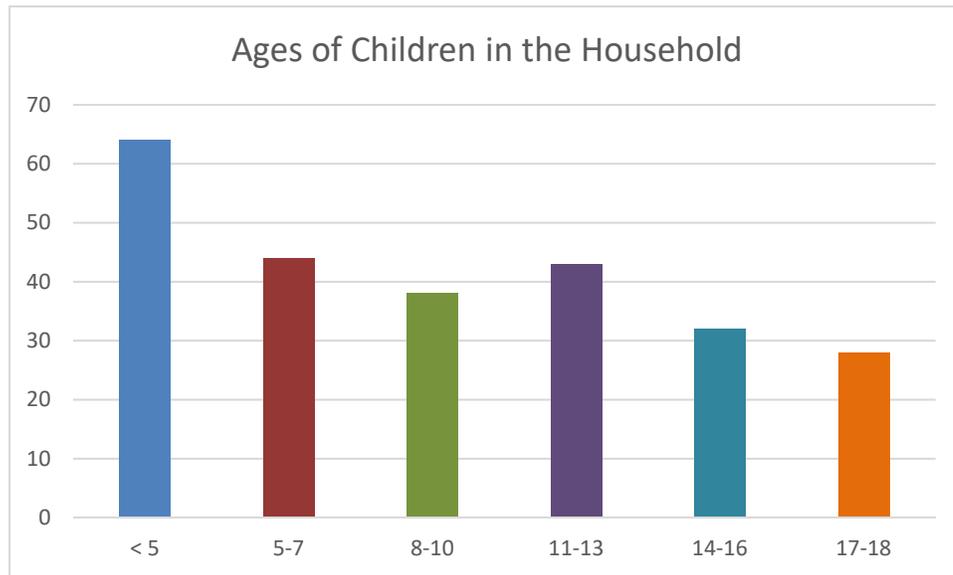
# Q11 What are the ages of the adults who live in your household?

Answered: 269 Skipped: 11



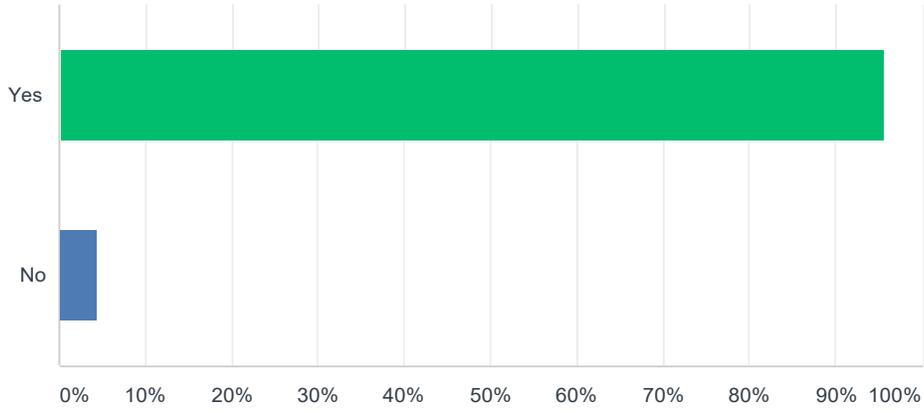
# Q12 If applicable, what are the ages of the children who live in your household?

Answered: 208 Skipped: 72



# Q13 Are you a resident of Allegheny County?

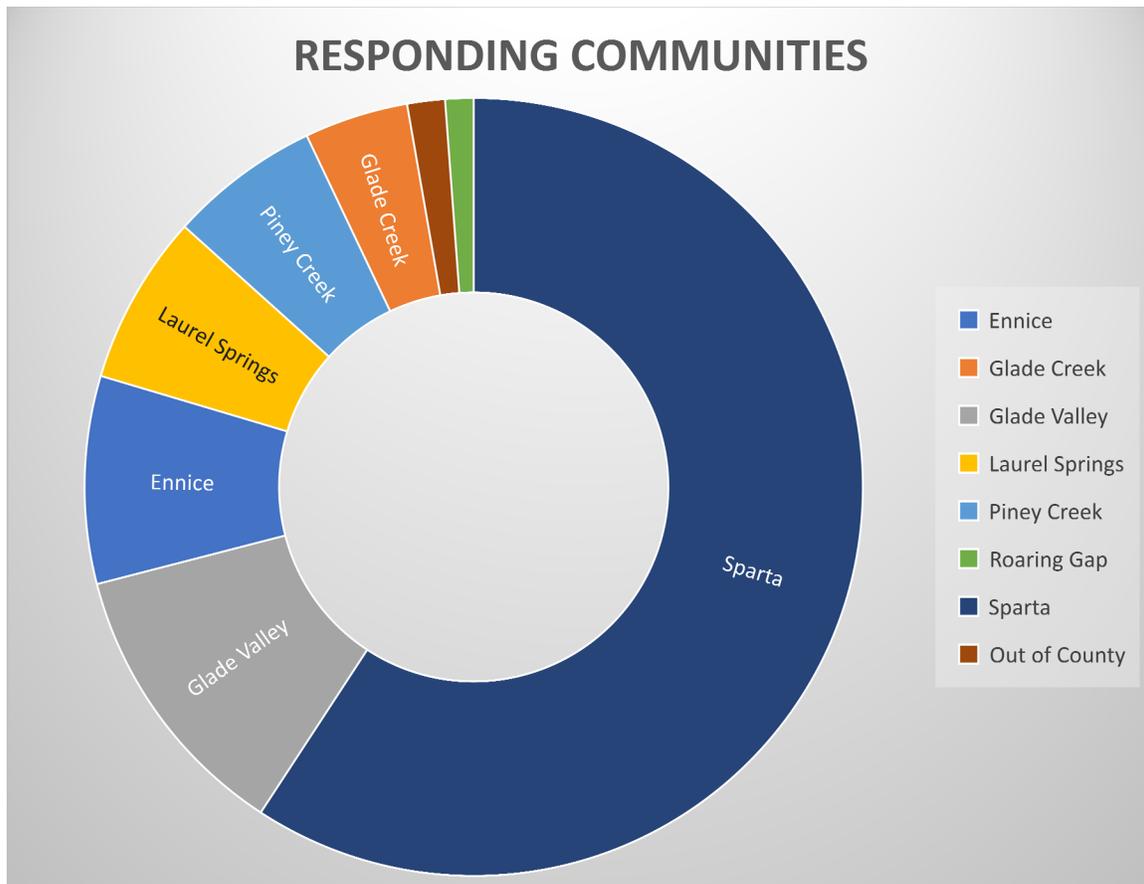
Answered: 276 Skipped: 4



ANSWER CHOICES	RESPONSES	
Yes	95.65%	264
No	4.35%	12
TOTAL		276

# Q14 If you are a resident of Allegheny County, in what community or section of the county do you live?

Answered: 260 Skipped: 20



**Q15 Thank you for your responding to the survey. Your opinions will provide valuable information for the development of the recreation plan. If you wish to elaborate on any of your answers, or comment on any parks and recreation issue, please feel free to do so using the commentbox.**

Answered: 81 Skipped: 199

#	RESPONSES	DATE
1	Crouse Park	1/17/2019 10:41 AM
2	Love living in Sparta.	1/17/2019 10:14 AM
3	Improve weight room @ Wellness Center and make a 24 hour gym.	1/16/2019 10:36 AM
4	Something on the East Side (Ennice) Access	1/16/2019 9:59 AM
5	Some of the categories that are group together I don't completely agree with. I feel that a disc golf course if needed and would be used by a wide range of ages however, I do not feel like the county needs more golf course. For family recreation, more hiking and bike trails should be more of a focus than bike/skate parks. If these items were individually listed, I would strongly agree that hiking/bike trails are needed and disagree with the skate board/bike parks. I feel they would be more of a liability than a benefit to the county.	1/3/2019 2:34 PM
6	There should be mention of the ongoing joint efforts to develop hiking trails from Crouse Park to the Blue Ridge Mountains by ASTA, Alleghany Sparta Trails Association.	12/7/2018 10:26 AM
7	we need to keep Duncan rec center going, we owe it to john woodruff for all he did, we also need more fields, or we need to use fields at glade and piney	12/5/2018 4:46 PM
8	Need exercise place for kids like 10 to 14.	12/4/2018 9:00 PM
9	Children need more in our community.	12/4/2018 1:31 PM
10	I am most saddened by the lack of trails within easy drive of Sparta. We have this beautiful countryside and lack of trails available.	12/4/2018 1:25 PM
11	Every time I've visited Crouse Park this year, the trash cans have been over flowing. Lots of graffiti in the picnic shelter	12/4/2018 9:07 AM
12	We need a better pool/splash pad for the children in our community to use. We are missing out on revenue being spent in other counties because we don't have access to them in our own community	12/4/2018 2:14 AM
13	A splashpark is something that all citizens of the county and surrounding counties could use. Parents must take their kids to Dobson to be able to play at one now.	12/3/2018 12:46 PM
14	I think a dog park would be amazing and used by many! I love the idea of making the pool nicer and a splash pad type area, the batting cages, and paved walking areas!	12/3/2018 10:32 AM
15	Thank you for asking for feedback about parks and recreation, two things so important to quality of life of residence in the community. I think upgrades to Crouse Park, with more outdoor shows and a beer garden would be great!	12/2/2018 5:28 PM
16	I would probably use facilities geared toward seniors if closer to my area.	12/1/2018 3:33 PM
17	Fix the pool	12/1/2018 9:59 AM
18	Survey is a bit lengthy, was initially concerned it was a beer/wine deal, booze is hardly ever the answer!	12/1/2018 9:04 AM
19	.	12/1/2018 7:56 AM

20	I wish more money was put towards a new pool and new updated bathrooms at Crouse park! After those things are up to date and actually working (because the current conditions are extremely poor and don't actually work.) the county need to put more focus on bigger issues such as the state of affairs our hospital is in. That we are loosing. (Like it or not) the condition of our emergency vehicles such as but not limited to sheriffs officers trucks that have up to 200.000 miles with used tires and cheap brakes that do not last. This is a dangerous practice and will cause injuries to those protesting us. Parks need to be the last thing to deal with!	11/30/2018 11:31 PM
21	I'm a long time native to Alleghany and visit on a regular basis. The counties best assets are the river and the parkway. Additional trails to support a greenway and biking in and around town would be a wonderful idea. Disc golf is another great idea to drive outside traffic into the area.	11/30/2018 9:36 PM
22	na	11/30/2018 9:23 PM
23	I think using taxpayer money for a disc golf course is a ridiculous disservice to the community when your police cars and ambulances are having to run on their spare tires. They are stretching maintenance intervals and your maintenance department does not have money to keep good brakes on emergency vehicles.	11/30/2018 9:21 PM
24	Our kids just graduated from high school and played sports. My mother is limited by her arthritis but enjoys Veterns Park and the Wellness Center. Paved walking areas and leisurely outdoor activities will be great for our aging population and visitors.	11/30/2018 9:16 PM
25	I think the disk golf course is a huge waste of money and time I think we need more playground equipment for kids and a splash pad at the pool the kiddy pool hasn't even been open for two years now	11/30/2018 8:02 PM
26	If we can't upgrade what we have then we need to tear down and start over. Starting with the pool. Making it more kid friendly. Water slides, splash pad etc. and especially new bathroom/changing facilities.	11/30/2018 12:32 PM
27	I think the Recreation Department is a vital part of Alleghany County. More funding should be allocated to the department to improve the health and lives of the citizens of Alleghany County.	11/30/2018 11:40 AM
28	The splash pad would be great to have in Alleghany. Children currently have to travel to Surry County to be able to enjoy one. Not all children will be playing sports but everyone could enjoy a splash pad. Adults included.	11/29/2018 8:14 PM
29	.	11/29/2018 1:22 PM
30	I think we need to update the parks and recreation areas we already have. When the monies run out from building new parks, pools etc. that people are asking for how is the county going to keep them up? Raise Taxes! Then it helps no one who lives and works in Alleghany county.	11/29/2018 10:12 AM
31	More walking/hiking paths!	11/28/2018 1:53 PM
32	Pickelball	11/28/2018 1:47 PM
33	do lots for tourists and people who live here	11/28/2018 1:24 PM
34	n/a	11/28/2018 12:57 PM
35	Our youth have nowhere to play .....warm or cold months. The veterans park only offers fields and walking paths. We need more facilities for our youth. The park is very out of date and needs lots of improvements. There are so many other nearby counties that have great pools/splash-pads and wonderful parks with great playground equipment. We fall short of all of this in Alleghany.	11/28/2018 11:19 AM
36	We appreciate efforts to improve our community and provide recreational activities for all community members.	11/28/2018 10:36 AM
37	we need more athletic fields (baseball/softball)	11/28/2018 10:25 AM
38	Please consider using funds to improve the pool and incorporate a splash pad area for younger children. The facility is not suitable for younger children to enjoy it and too small to enjoy it as everyone fights for space to sit.	11/28/2018 8:44 AM
39	Providing recreational opportunities for all age citizens is imperative for a healthy community. We need more activities for our youth.~ Thank you!	11/28/2018 8:30 AM

40	Please fill in the pool at Duncan Rec, seriously. I'm tired of listening to all of the bitching and complaining. Turn it into a community garden for all I care.	11/28/2018 8:26 AM
41	none	11/28/2018 7:49 AM
42	None	11/28/2018 6:37 AM
43	Longer greenway. Mtn. Bike trails, dog park,	11/27/2018 10:06 PM
44	I believe we should build on what we have and expand that before we go outside of that	11/27/2018 10:03 PM
45	I would love to have a splash pad in the county along with improvements made to the swimming pool as I take my kids there 4 out 6 days it is open throughout the week.	11/27/2018 4:24 PM
46	BASEBALL HAS BECOME A SPORT WHERE KIDS HAVE TO TRAVEL TO PLAY, IF WE HAD FACILITIES WE COULD HOST TOURNAMENTS FOR BOYS AND GIRLS AND DRAW INCOME INTO COUNTY TO HELP COVER EXPENSE FOR BUILDING AN UP TO DATE FACILITY	11/27/2018 4:20 PM
47	More activities for the kids - Water/splash park, sledding hill, expand pool at Duncan rec.	11/26/2018 8:14 PM
48	N/A	11/26/2018 1:37 PM
49	With many grants available for rural areas, i find it disgraceful that the pool has not been a priority. Appalachian children must be taught to swim at a young age, and break the cycle of lack of basic water skills. The resources are there for access to these grants, and future grants to maintain and to open the pool classes to any who can arrive at the pool facility. This would include the elderly to the babes in arms! Other counties are utilizing these 'rural grants' and it is past time for such to happen in Allegheny! We are also missing out on bequests, i have personally spoken to three different elderly members of the community who very well might have left land for future parks and or open lands, if such a program had been published and simplified, and guaranteed the land would not just be sold and then possibly the funds be mismanaged. Elderly people like the comfort of a piece of their family being preserved as public areas, and having their grandparent's name preserved and appreciated. THANK YOU for working for our community and for the generations to come!	11/26/2018 1:20 PM
50	I want nature more accessible	11/26/2018 12:25 PM
51	Public access to the Little River is essential to recreation for our community. Teenagers need more healthy places to hangout and people need a place to cool down in the river that is in walking distance from downtown Sparta.	11/26/2018 12:24 PM
52	I hope the 2nd sentence in this statement is 100% accurate	11/20/2018 8:50 AM
53	Love all that we have but I do drive to Galax at least 1-2x a week to run on the New River Trail. That footing is easier on the legs. The older I get the less my body tolerates pavement. We NEED MORE NEW RIVER & Little River PUBLIC ACCESS in Eastern part of county! WE GO TO VA to put in or take out. Closer to us than Piney.	11/20/2018 6:15 AM
54	We have large youth and old populations. Please consider these and the age groups you want to attract to the county for visiting and establishing residency as you plan.	11/19/2018 5:10 PM
55	Need to repair and upgrade what is in place, and use natural areas to expand usage by the public (rivers, etc.)	11/17/2018 9:09 AM
56	The pool should be the first priority	11/15/2018 8:04 AM
57	The fairgrounds needs more water and power hookups. This would bring in more money.	11/14/2018 6:17 PM
58	I think that updating and/or moving the pool in Sparta is very important and adding on to the Wellness Center with Basketball court and indoor walking track would be great for our community.	11/14/2018 6:40 AM
59	things need to be setup to where events tournaments can be put on to bring in money for the county as well as our kids adults using them. Baseball fields are needed bad there isnt enough space for our youth teams and the parking needs help.	11/13/2018 10:51 PM

60	Spread recreation to the outer edges of the county. I may be interested in going to a park, but I don't want to have to drive 20 minutes when I would prefer to drive no more than 5-10 minutes.	11/13/2018 9:45 PM
61	please use the funding you have been blessed to benefit the young kids as well as the older gen. thanks!	11/13/2018 8:43 PM
62	Fundraising wouldn't hurt	11/13/2018 8:38 PM
63	Recreation should be geared toward our children. For example: pools, water park, playground equipment.	11/13/2018 8:04 PM
64	Would love to see a splash pad for summertime fun for the children. Possibly with a ice cream stand.	11/13/2018 8:02 PM
65	I love our town. I feel that before we add any additional features to our parks, we should drastically improve our existing facilities. We have potential to have really nice equipment here but the lack of upkeep for SEVERAL years has caused residents of this county to go to surrounding counties for fun. Once our current equipment is updated, a sports park with ball fields would be nice if we had the land to do it. But first things first, fix what's here!	11/13/2018 7:56 PM
66	Excited about the disc golf, keep up the good work.	11/13/2018 7:47 PM
67	Please consider a dog park. A lot of houses don't have large enough yards for dogs to run out energy.	11/13/2018 7:44 PM
68	Upgrade what we have ASAP so that local people have something to do while you plan and grow the community to bring in the outside \$\$.	11/13/2018 6:28 PM
69	Big improvements and additions to Duncan swimming pool and the tennis courts would be on the top of my list for recreational needs for this county.	11/13/2018 5:37 PM
70	One of the main reasons I do not take my kids to Crouse Park is because of the poor conditions of the restroom facilities and that old disgusting sand. Rubber mulch would be a much cleaner, better option.	11/13/2018 5:16 PM
71	I am a part time resident and when my grandchildren are with me visiting, it would be great to have an updated pool or a water splash pad. We cannot always get to the river due to health reasons. Desperately need a bike trail for youth and seniors.	11/13/2018 4:49 PM
72	More activities for k-8. More supervision at parks. A police presence would be helpful.	11/13/2018 4:42 PM
73	They need to think about the kids! Something to keep them out of trouble!	11/13/2018 4:32 PM
74	Need to repair facilities and parks already in the system before purchasing land for expansion	11/13/2018 4:21 PM
75	I think hiking and mountain biking trails can draw the type of people you would want to your community to help the local economy. Tour du Mtns is good for road bikers. I have enjoyed that ride, but there are lots of Mtn bikers.	11/13/2018 4:20 PM
76	Fix existing facility's before adding additional!	11/13/2018 4:20 PM
77	Paving the parking lot at Veterans Park is not an appropriate use of recreation funds.	11/13/2018 4:12 PM
78	Thank you for making things available for the residents of Alleghany County.	11/13/2018 4:11 PM
79	Having stuff is just having stuff, we had more to do when Mr. Woodruff ran thing, spent lot less money	11/13/2018 4:07 PM
80	I would like to see the development of a park in which everyone can benefit from and have fun. However, if a new park is created it needs to be maintained and upgraded frequently unlike Crouse Park.	11/13/2018 4:03 PM
81	The younger youth in our community needs more to do. We already have Plenty of ball fields, we don't need more	11/13/2018 3:50 PM

## Stakeholder Interview Notes

**Alleghany Council on Aging**

**Karon Edwards**

**January 10, 2019**

<p>What recreational activities/facilities do you provide to Alleghany County?</p>	<p>Small fitness room w/bikes &amp; treadmills. TVs for exercise videos and to play Wii sports games. Senior's Walking Club. Clubs: Bridge, Rook, Bingo, Senior Singles Club, and Quilters.</p>
<p>What are the most requested recreational needs/wants from your clients?</p>	<p>Bingo, rook, pool tables, spaces for art and painting classes.</p>
<p>Are there any plans to add to your current rec activities or facilities?</p>	<p>The center will be moving to a new facility (yet to be determined) to accommodate court offices and courtroom.</p>
<p>Do you use the Wellness Center for older adult programs?</p>	<p>Every Friday an activity and meal are offered for seniors. The activities, such as bingo, rook, and tai chi are rotated each week.</p>
	<p>Steve Mason from the Wellness Center also has activities for Seniors once per month in other areas of the County - Turkey Knob Community Center and Glad Creek FD.</p>
<p>What facilities/programs would you like to see the County offer that would benefit older adults?</p>	<p>The Seniors currently use Crouse park in the summer mainly due to the proximity to the current Senior Center. When it is determined on where the center will be relocated, there may be a need for access to outdoor recreation.</p>
<p>Do you see potential for inter-generational programs?</p>	<p>Head Start kids come to Center quarterly. Their next event will be for Valentines Day.</p>
<p>Are you aware of any DHHS programs to fund recreation/fitness facilities/equipment?</p>	<p>No.</p>

**Wellness Center****Steve Mason****January 10, 2019**

What recreational activities/services do you provide to Allegheny County?	Indoor pool, therapy pool, indoor track, aerobic/fitness area, multi-purpose room, massage room. Activities: Wellness talks, health fairs, support groups, family swim, lap swim, healthy cooking classes.
Are there any plans to expand or add anything new to your current facility?	Planning to build a gymnasium with more multi-purpose rooms.
What are the recreational needs in Allegheny County?	Outdoor activities like mountain biking and hiking.
Do you coordinate with County Parks and Rec.?	The Wellness center coordinates several events and activities with Parks & Rec. The center also offers a discount membership program for County employees.
Do customers inquire about outdoor recreation opportunities?	More Trails (multi-purpose, biking/hiking/walking)
Any suggestions for County Park and Rec facilities/programs?	Need more.

**Alleghany Health (see full name below)**

**Helen- Ruth Almond**

**January 3, 2019**

What recreational activities/facilities in Alleghany County do you recommend to your clients/patients?	#1- Wellness Center. Crouse park for walking trail.
what recreational program/facility improvements in Alleghany County would you recommend for improving citizen health/fitness?	A greenway. Improvements to and development of a complex at the Wellness Center.
Do you provide any fitness programs or services?	None. Just Physical Therapy and Rehabilitation.
What are the most requested recreational needs/wants from your clients?	Greenways. Walking opportunities.
Where do you provide physical therapy?	At the hospital.
Any suggestions for County Park and Rec facilities/programs, either for PT use or general wellness?	Walking trails to connect to the Mountains to Sea Trail. Greenway around Sparta and throughout the County.

**"Alleghany Health, an affiliate of Wake Forest Baptist Health & Hugh Chatham Memorial Hospital"**

What are the recreational needs, for both citizens and tourists, in Alleghany County?	The recreational needs for citizens and tourists includes an indoor gymnasium/multipurpose area. Visitors are curious to know easily assible hiking trails that are accompanied with marketing materials which include directions, level of dificult, duration to complete. Crouse Park is in need of updated playground equitment and a greenway would add additional value . Hammock gardens or area for hanging eno's would be a great addition to enjoying the wonderful vista's that our community has to offer.
where do you send visitors who inquire about hiking trails/other outdoor recreation opportunities?	As a Chamber, we send individuals along to our Chamber Members which includes Dusty Trails Outfitters, Wild Woody's Campground and the Parkway. Dusty Trails Outfitters offers fishing, camping, kayaking, and canoeing. Wild Woody's Campground is located right along a creek where fish are stocked seasonally. The Campground also offers primitive campsites and campers for rent.
Any suggestions for uses at fairgrounds?	It would be great if the fairgrounds could develop bike or walking trails.
Any requests for road cycling routes?	Yes.
Any existing cycling events?	Tour de Moutains Sponsored by the Alleghany Wellness Center
What could Alleghany County add or expand recreationally to increase tourism or make the County more attractive to visitors?	A greenway would be a great addition to the enjoyment of the County. More public river access points would be a draw for vistiors. Furthering the development of trails is another key assett. However, the thread that would catalyze these to being sucessful is the production of marketing materials that clearly identify all of the above.
Do you have any direct contact with visitors?	Yes, the Chamber of Commerce operates the Visitor's Center. We also have numerous visitor contact through direct line phone calls, website submissions, and our Facebook page.

**Alleghany Board of Education****Noah Lyon (Athletic Director)****January 3, 2019**

What recreational facilities do you operate?	High School - 2 gyms, baseball, football, & practice fields. Sparta ES - gym, basketball court, playgrounds, softball/soccer field. Glade Valley ES- gym, soccer field, baseball/softball field, playground. Piney Creek ES - gym, multi-purpose field, playground.
Are your facilities accessible to the public? If so, how frequently (hours of operation)?	Yes. Most are accessible 24 hours a day. However games will take priority. Fields may be locked during the season to prevent damage.
Are there any plans to expand existing or add new recreation facilities or activities?	A new track. The existing County tennis courts have just been turned over to the School system and there are plans to repair them.
What are the recreational needs of the school system?	#1 Tennis. Maintenance of existing facilities. New track, current one is used for practice only.
What are the recreational needs of Alleghany County?	More handicapped accessible walking trails. Need more participation in all sports.
What recreational program/facility improvements in Alleghany County would you recommend?	Tennis. Pool improvements.
Comments:	"Sports and Recreation events bring people into Town where they eat and shop in local businesses."
	"Difficulty organizing some youth sports. More Supervision required for kids under 12-years old."

**Alleghany County Cooperative Extension****Amy Lucas****January 3, 2019**

Is the Cooperative Extension office involved in recreation in Alleghany County (including 4H).	see below.
What are the recreational needs in Alleghany County?	Swimming facility, trails, ball fields.
What recreational program/facility improvements in Alleghany County would you recommend?	pool

Cooperative Extension Recreation Activities:

At the Fairgrounds:

4th Grade Safety Day (all schools &amp; homes schooled)

2nd Grade Farm Animal Day (all schools &amp; Hm Sch)

Lamb &amp; Calf camps

4H Fishing Days

Hiking Days

Clover Bud Days (5-8 year olds) @ Crouse Park

**Alleghany Tourism Development Authority****Steve Mason****January 10, 2019**

What are the recreational needs, for both citizens and tourists, in Alleghany County?	Trails. Biking trails.
where do you send visitors who inquire about hiking trails/other outdoor recreation opportunities?	Alleghany Chamber of Commerce or to the County.
Any suggestions for uses at fairgrounds?	No suggestions. Need more opportunities ( <i>activities??/events??</i> ) like Fiber Fest, Rodeo, and Fiddler's Convention.
Any requests for road cycling routes?	Parkway is a good access point. Most Alleghany roads are not conducive to biking (narrow & curvy).
Any existing cycling events?	In June there is the "Tour d'Mountain" - Three races in one, a 20-mile leg, a 60-mile leg, and 100-mile leg along the same route.
What could Alleghany County add or expand recreationally to increase tourism or make the County more attractive to visitors?	biking trails. Outdoor activities.
Do you have any direct contact with visitors?	On occasion. Most visitors go to the Chamber for information.
Any TDA \$ going towards outdoor recreation facilities?	Sponsor running race "Get Outdoors", Fiber Fest, Heritage Fest
Comment: "Alleghany County needs to become more engaged in marketing"	

**Town of Sparta****Kevin Dowell (Town Planner)****January 3, 2019**

What recreational facilities to you operate?	Crouse Park
Does the Town have any plans to expand existing or add new recreation facilities?	Want to expand the playground.
Do you coordinate with County Parks and Rec.? How?	Yes. For example coordinated with them for a non-profit to hold "Bark in the Park" a pet adoption event. Town and County keep in touch to let each other know what is going on.
Does Town operate any recreational programs?	No.
What recreational program/facility improvements in Allegheny County would you recommend?	Open Space, Soccer, Baseball
What are the recreational needs in Sparta and Allegheny County?	Open Space, Soccer, Baseball
Do you provide any services (trash pickup, law enforcement, etc.) to Fairgrounds or Sam Brown Park?	trash pick-up, water/sewer, law enforcement.

**Alleghany Sparta Trails Association**

**Iboya Presly, Donny McCall, Forrest Pulley Jan. 3, 2019**

<p>What are the recreational needs in Alleghany County besides hiking/biking/walking trails?</p>	<p>Signage to point out location of facilities to visitors. More facilities for tournaments. Pickleball for the aging population. Tennis. Mobile frisbee/disc golf that can be moved and set up for tournament play. Spread recreation throughout County, not just Sparta.</p>
<p>What plans do you have for trails?</p>	<p>Model after Elkin's system. Goal to connect Veterans Park to MST with the potential of a small park at Little River.</p>
<p>Do you have easements secured for trails?</p>	<p>There is an estimate of \$70,000 for the park at Little River. No private easements, it is State Property.</p>
<p>what recreational program/facility improvements in Alleghany County would you recommend?</p>	<p>Pool. Ball fields. New Soccer field; the soccer field at Veterans park is not usable.</p>

## **Appendix III**

- **Funding Opportunities**



# Funding Opportunities

## State Programs

### **North Carolina Parks & Recreation Trust Fund**

The Parks and Recreation Trust Fund (PARTF) program provides grants to local governments for parks and recreational projects to serve the public. PARTF funding is used build and renovate facilities and to purchase land for new and existing parks. Since 1995 more than 400 local governments across the state have used PARTF funds to establish or improve parks for their citizens.

PARTF funds are awarded annually by the Parks and Recreation Authority. The maximum request is \$500,000 and the applicant must match the award dollar-for-dollar.

### **North Carolina Clean Water Management Trust Fund**

The North Carolina Clean Water Management Trust Fund (CWMTF) was established by the General Assembly in 1996 as a non-regulatory organization with a focus on protecting and restoring the State's land and water resources. Grants are awarded to non-profit and governmental organizations to protect land for natural, historical, and cultural benefit, limit encroachment on military installations, restore degraded streams, and develop and improve stormwater treatment technology.

Grants are awarded annually by the Clean Water Management Trust Fund Board. Grant programs include land acquisition, stream restoration, innovative stormwater, and planning. Grant awards in 2018 ranged from \$29,576 to \$1,500,000. There is no required match; however, inclusion of matching funds in the request is highly encouraged.

### **State Trails Program**

The State Trails Program is a section of the N.C. Division of Parks and Recreation. The program originated in 1973 with the North Carolina Trails System Act and is dedicated to helping citizens, organizations and agencies plan, develop, and manage all types of trails from greenways and trails for hiking, biking, and horseback riding to paddle trails and off-road vehicle trails.

The four-person staff works with local governments, volunteers and non-profit organizations to develop trails plans, preserve land and develop and manage trails. The State Trails Program currently administers the following two grant programs:

- **Recreational Trails Program** – The Recreational Trails Program is a \$1.5 million grant program to help states provide and maintain recreational trail for both motorized and non-motorized recreational trail use. The program is funded by the US Department of Transportation’s Federal Highway Administration. Applications are reviewed by the NC Trails Committee and awarded by the Secretary of the Department of Natural and Cultural Resources. The minimum funding request is \$10,000 and the maximum is \$100,000, with a required 25% match of cash or in-kind contributions.
- **Safety and Education Grant** – Safety and Education grants may be awarded for trail-related safety and education instructor fees, speaker fees, displays, signage, and other uses.

### **North Carolina Department of Transportation Bicycle and Pedestrian Planning Grant Initiative**

The Bicycle and Pedestrian Planning Grant Initiative encourages municipalities and counties to develop comprehensive bicycle and pedestrian plans. These plans largely focus on enhancing mobility, improving safety, and promoting economic and health benefits. All NC municipalities and counties with less than 50,000 population may apply. Grant awards are based upon population of applicant. Required matching funds range from 10% to 50%, based upon applicant population.

### **Federal Programs**

#### **Land and Water Conservation Fund**

Administered by the National Parks Service, the Land and Water Conservation Fund (LWCF) State and Local Assistance Program provides matching grants to state, local and tribal governments to create and expand parks, develop recreation facilities and further local recreation plans. Each year funds are distributed to every US state and territory using a population-based formula. In 2016 North Carolina received \$2,315,335.

## **US Environmental Protection Agency – Urban Waters Small Grants**

The US EPA – Urban Waters Small Grants are available to communities to help improve urban waters. Healthy and accessible urban waters can help grow local businesses and enhance educational, recreational, social, and employment opportunities in communities. The Urban Waters Small Grants expand the ability of communities to engage in activities that improve water quality in a way that also advances community priorities.

### **Foundations**

#### **United States Tennis Association Facility Assistance Program**

The United States Tennis Association (USTA) Facility Assistance Program aids with the construction or renovation public tennis facilities. Project categories include: basic facility improvements (fencing, backboards, etc.); resurfacing; permanent line painting; and new construction or existing facility reconstruction. Each category requires 50% match of the total project costs.

#### **United States Soccer Foundation Programs**

The US Soccer Foundation awards grants to support soccer programs and field building initiatives nationwide. Grants are provided to support all aspects of the game from assisting programs with operational costs to creating Safe Places to Play. The Foundation has two programs:

- **Safe Places to Play** - Funding is available three times a year to assist with lighting, irrigation installation, and/or sport court material.
- **Program Grants** – Funding is available on an annual basis for program equipment and program operation assistance.

#### **Lowe's Charitable and Educational Foundation**

Founded in 1957 the Lowe's Charitable and Educational Foundation (LCEF) has a long history of contributing to grassroots and community projects. LCEF focuses its giving efforts on K-12 public/charter education and community improvement projects.

## **KaBoom! Community-Built Playground Grant**

The KaBoom! Community-Built Playground Grant provides two possible funding opportunities to municipalities, schools and non-profits:

- The Build-it-Yourself option provides a \$15,000 grant, to be matched with \$9,000 to \$35,000 toward the purchase of playground equipment.
- The Build-it-with-KaBoom! option provides a custom-designed playspace, to be combined with \$8,500 in matching funds from the applicant. There are three funding cycles throughout the year.

## **Local Opportunities**

### **General Fund**

The County Commissioners could make appropriations from the General Fund to be used to fund improvements to or construct recreational facilities.

### **Municipal Bonds**

The County could issue a municipal bond to help fund improvements or construct recreational facilities. There are two basic types of municipal bonds:

- **General Obligation Bonds:** Principal and interest are secured by the full faith and credit of the issuer and usually supported by either the issuer's unlimited or limited taxing power. In many cases, general obligation bonds are voter-supported.
- **Revenue Bonds:** Principal and interest are secured by revenues derived from tolls, charges or rents from the facility built with the proceeds of the bond issue.

### **Local Recreation Facility Development Fund**

The County could establish a local recreation facility development fund to finance needed facilities and would function as a recreation capital reserve fund. This fund could be contributed to by individuals, corporations, community groups, and others who are interested in the provision of quality recreation areas for County residents. This fund could be utilized to finance facilities by itself or to match County appropriated funds or grant funds.

## **Cooperative Approaches**

Just as cooperative efforts are often necessary for certain recreational programming, so are cooperative efforts also necessary for the development of certain types of recreation facilities. For example, the improvement of recreation facilities at school sites requires coordination and cooperative agreements between the County Board of Education and the County government. Agreements must address the means of financing improvements, time of usage, maintenance responsibilities, and other considerations. Other examples of cooperative approaches could be a joint county/town project, county/civic club, county/community group, county/individual and local government/corporate/business sponsor.

Below is a list of groups/organizations that could work together to raise money for future recreation projects. (Others may be added if not originally included in the listing.)

- Allegheny Board of Education
- Lion's Club
- Athletic Booster Clubs
- Allegheny County Chamber of Commerce
- Allegheny County Health Department
- Tar Heel League
- PTO (Parent Teacher Organization)
- United Way
- Town of Sparta
- Allegheny Memorial Hospital
- Allegheny Wellness Center
- Allegheny Fairgrounds
- Allegheny County Senior Center

## **Land Acquisition**

Recreation and open space lands can be acquired by a variety of methods. Land can be donated, purchased outright, or acquired through an easement.

- **Donation** - Individuals, organizations, and businesses can donate land to Allegheny County for recreational and open space purposes. In return, the donor is eligible to receive federal and state deductions on personal income and may be able to avoid inheritance taxes, capital gains taxes, and recurring property taxes.

- **Fee-Simple Purchase** - The county can purchase property outright, obtaining full title to the land by using general fund monies or monies donated to the county that were raised to be used specifically for land acquisition for recreation.
- **Easements** - The acquisition of an easement entitles Alleghany County to only those rights granted in the easement agreement. Multiple use of existing public property can be pursued as a method of acquiring recreational and conservation land. Through negotiation and landowner consent water, sewer and electric utility property and easements can be used to provide space for public recreation.
- **Right of First Refusal** - Alleghany County can establish an agreement with a property owner to provide the right of first refusal on a parcel of land, scheduled to be put on the market. This means the county would be notified first, prior to sale to any other agency or person.