

# Manchester Wellness Coalition | Plan Year 7

<b>NAME OF THE INTERVENTION</b>	Manchester Shared-Use Trail – Phase 2
<b>5HF Element to Impact: Eat Better, Move More, Connect with Others in Healthy Ways, Avoid Unhealthy Substances (select minimum of 1)</b>	Move More, Connect with Others in Healthy Ways
<b>Fiscal Agent</b>	Village of Manchester
<b>Tax I.D</b>	38-6004707
<b>Implementation Contacts (2 or more required)</b>	Jeff Wallace; Ray Berg
<b>Contact phones and emails</b>	<a href="mailto:jwallace@vil-manchester.org">jwallace@vil-manchester.org</a> , 734-428-7877; <a href="mailto:rayberg@att.net">rayberg@att.net</a> , 248-765-9324
<b>Date Funding Required</b>	August 2018
<b>Implementation Date</b>	August 2018
<b>Estimated Completion Date</b>	October 2018
<b>Total Amount Requested from 5HF</b>	\$ 8,000

Criteria	Descriptions
<p><b>1. Please provide a brief description for the intervention program you are proposing and indicate the target population.</b>  <i>Typically one paragraph (3-5 sentences)</i>  <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>This intervention will assist with constructing the remaining segments of the Manchester Shared-Use Trail within the village limits. Phase 1 of the trail construction, and all engineering/construction documents, were completed in 2015. Phase 2 will consist of construction expenses, and will complete the remaining compacted stone segments of the trail west of the Manchester Mill Pond to Union Street, and the east segment of the trail from Main Street to the east Village limits. The target population includes all Manchester-area residents and visiting users of the trail, encompassing all age groups.</p>
<p><b>2. How does this intervention address the needs identified by your community and the coalition?</b>  <i>Please be specific and refer to local data (i.e. HIP, MiPHY, PAC, NEAT, etc.) and/or the coalition strategic plan. Should include specific health/wellness indicators.</i></p>	<p>The Trail is an approved Village of Manchester project, and reflects the Village’s commitment to improvements to parks, village walkability and downtown place-making programs. The project is also a part of the recently approved Manchester Village – Manchester Township Joint Parks and Recreation Plan. The project supports the Coalition’s efforts to get residents moving more, among which are several organized walking groups currently using the trail, community activities centered around the trail, and other Village/County programs/grants which will improve park properties along the River Raisin and ongoing plans to extend the trail through County/State railbed properties west to the Watkins Lake State Park and County Preserve. The Shared-Use Trail was the primary</p>

	<p>intervention in the Year 1 Plan, and continues to be a priority in the Move More mission in Year 7. The intervention focuses on increasing HIP physical outdoor activity minutes and days, reducing high BMI and stress percentages among the Manchester population, and increasing HIP data on awareness of walking and bicycling destinations.</p>
<p><b>3. What are the specific goals for the intervention?</b>  <i>Specific goals: For each goal address these 5 points so that the goals are SMART goals</i></p> <ul style="list-style-type: none"> <li>• <i>State what you are trying to accomplish,</i></li> <li>• <i>How you will measure progress toward and accomplishment of your goal</i></li> <li>• <i>Who is responsible for collecting the data?</i></li> <li>• <i>Why you think the goal is attainable</i></li> <li>• <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i></li> <li>• <i>What is the timeframe for achieving the goal?</i></li> <li>• <i>See <a href="http://www.wikihow.com/Set-SMART-Goals">http://www.wikihow.com/Set-SMART-Goals</a></i></li> </ul>	<p>1. Complete the construction of the trail, and increase the functionality and overall usage of the trail. We seek to increase walking and bicycling usage of the trail by residents for accessing downtown businesses, participation in community events, access to schools and community parks, and more community interaction through the Friends group. Overall, increase time spent by residents in physical outdoor activities, increase organized walking group participation, and measure takeaways/responses to brochures placed in trail kiosks.</p> <p>2-3. The Friends of the Manchester Trail will collect baseline data on trail usage by sampling users at different days/times to determine average usage, time spent walking, etc. Membership and interest in the Friends group will also serve as a measurement of usage, feedback, and suggested improvements. The Friends group will interact with the Manchester Wellness Coalition on determining the success of the Trail in improving 2015 HIP health parameters relevant to walking/bicycling activity, minutes of overall physical activities per day/week, walking and bicycling destinations, and reduction in BMI and stress data.</p> <p>4. Usage of the completed Phase 1 portion of the trail in 2015-2018 has resulted in highly positive comments and feedback, and a strong community desire to see Phase 2 completed. We believe we have strong community support for completing the trail, and have noted the “conversion” of some previous trail opponents into supporters.</p> <p>5. The trail supports the Coalition’s desire to improve community participation in the Move More mission, by providing a safe, improved and scenic walking and bicycling route which runs through the heart of the Village, connecting homes, parks, schools, the downtown CBD, Village Hall/Library, and scenic/historic sites, allowing a fun and pleasurable experience while increasing regular physical activity.</p>
<p><b>4. What key data will be collected, analyzed, and used to evaluate the intervention?</b>  <i>Should include:</i></p> <ul style="list-style-type: none"> <li>• <i>Units of Engagement</i></li> </ul> <p><i>Might also include survey data, and other measures such as number of participants, pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>The Friends of the Manchester Trail will directly measure trail usage on selected dates and times, and collect other usage data by survey techniques. We will measure population demographics, average amount of time per walk/ride, frequency per week, etc. to assess how the trail availability may be influencing relevant HIP data. The Friends group will also be maintaining the trail surface and amenities, helping to determine which portions of the trail receive the most usage. Growth in membership in the Friends Group will also serve as an indicator of interest and usage of the Trail.</p>
<p><b>5. What are the estimated Units of Engagement for</b></p>	<p>We expect usage to include 2000-3000 local resident and visitors per year, based on the population</p>

<p><b>the intervention?</b></p> <p><i>Unit of engagement = number of people per event * number of events * timeframe for the event (e.g., 30 minutes would be 0.5 hours)</i></p> <p><i>Example : 100 people * 6 events * 1 hour per event = 600 units of engagement.</i></p> <p><i>UNITS OF ENGAGEMENT DO NOT NEED TO BE CALCULATED FOR INFRASTRUCTURE (i.e. parks, sidewalks, trails, etc).</i></p> <p><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	<p>of our Village and four adjacent townships, and expected events utilizing the trail. We are currently aware of three organized walking groups with attendees averaging 10-15 persons each who utilize the trail 2-3 times per week, and also the Walk to School Program. We have utilized the <i>Guidebook on Methods to Estimate Non-Motorized Travel</i>, USDOT/FHA, as a tool for estimating usage. We will track trail usage in 2018-2019 specifically for events such as the Sweet Soles 5K Run, the Community Business Expo, the Manchester 3<sup>rd</sup> Thursday events, and the Farmers Market, all of which have activities based along the trail.</p>
<p><b>6. Who (specifically) will be responsible for what aspects of intervention implementation?</b></p> <p><i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> <li>● <i>Obtaining all required permits and permissions and all other communication required</i></li> <li>● <i>Deciding on dates, times, locations</i></li> <li>● <i>Marketing – both developing and distributing marketing materials</i></li> <li>● <i>Recruiting necessary volunteers</i></li> <li>● <i>Developing tools to collect data and pictures</i></li> <li>● <i>Analyzing data collected</i></li> <li>● <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i></li> <li>● <i>Preparing and presenting presentations and reports</i></li> <li>● <i>All other specific tasks for this intervention to be successful.</i></li> </ul>	<p>The Village of Manchester formed a 9-person Manchester Shared-Use Trail Committee in 2013, including a variety of village government, DDA, Planning Commission, Chamber, Parks, and citizen representatives. This Committee meets periodically and oversees all aspects of the Shared-Use Trail development, including timing, design and engineering, funding sources, construction progress, and trail amenities. Pat Vaillencourt is Chair of the Shared-Use Trail Committee.</p> <p>The Village of Manchester executes all contracts related to trail funding, engineering, permitting and construction. Jeff Wallace, Village Manager, is responsible for these matters. The Village serves as fiduciary for all funding received regarding the trail engineering and construction.</p> <p>The Friends of the Manchester Trail will take over minor maintenance, cleaning, amenities and related funding for these activities, and will be composed of local volunteers. The Friends Group will also record and track trail usage, and any problems or issues requiring action. The Friends Group will coordinate these activities with Village oversight. Ray Berg heads up the Friends Group.</p>

<p><b>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention?</b>  <i>Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn't been granted, when will this be done. Include the name(s) of the approver(s).</i></p>	<p>No.</p>
<p><b>8. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support this intervention (long term sustainability).</b>  <i>Please include names of people in the collaborating organization that will be involved with this intervention. Indicate in the budget below – the contribution from the organization(s).</i></p>	<p>Funding of the Phase 1 portion of the Trail (approximately 46% of the trail length) was completed with the assistance of the 5HF, Washtenaw County Parks and Recreation, and the Kiwanis Club of Manchester.</p> <p>Phase 2 of the Trail (approximately 54% of the trail length) will involve collaboration with Washtenaw County Parks and Recreation (Coy Vaughn, Director), 5HF, Consumers Energy Foundation, and the Manchester Community Chicken Broil.</p>
<p><b>9. If this is a continuing intervention:</b></p> <p>A. How many years has this intervention been funded by the coalition?</p> <p>B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to 5HF?  <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to 5HF?</i></p> <p>C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more year of funding).</p> <p>D. Has the amount requested from the coalition increased or decreased? Why?</p> <p>E. How many more years will this intervention request funds from the coalition?</p>	<p>The Manchester Shared-Use Trail was funded by 5HF in the Year 1 Manchester Comprehensive Wellness Plan for \$100,000. The Year 5 Plan also included \$20,000 towards Phase 2 of the trail, still held in reserve. An additional \$ 5,000 from the Year 5 Plan initially assigned to the Retirement Community Planning Workshop was also reallocated to the Shared-Use Trail, held in reserve. This request for \$8,000 will be the final request for funding from the 5 Healthy Towns Foundation.</p> <p>A report on the Year 1 funding expenditures, work completed and outcomes was submitted April 16, 2016, including copies of contractor invoices detailing the allocation of the \$100,000 funding between the engineering contractor (Stantec) and the trail construction contractor (Michigan Paving and Materials).</p>
<p><b>10. Does your intervention have a sustainability plan?</b>  <i>How the intervention will be sustained if the coalition does not grant/renew funding?</i></p>	<p>This intervention is an infrastructure project, requiring one-time funding for engineering and construction. No further requests for funding are expected for this intervention.</p>
<p><b>11. Provide citation(s) of similar programs used as a</b></p>	<p>A full list of citations utilized in developing the Manchester Shared-Use Trail is contained in the</p>

<b>model in developing this intervention.</b>	document entitled <i>Proposal – Village of Manchester Shared-Use Trail, August 25, 2011</i> . A primary resource has been <i>Trails for the Twenty-First Century, Planning Design and Management Manual for Multi-Use Trails, Second Edition, 2001 – Rails to Trails Conservancy</i> .
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**BUDGET**

Construction oversight and miscellaneous survey staking	\$ 10,000 - Stantec
Construction of trail subsurface, surface, signage, etc.	\$ 123,000 – Ed Stahley Construction; subcontractors TBD

**INCOME**

5 Healthy Towns Foundation	\$ 33,000 – Construction oversight and construction
Washtenaw County Parks and Recreation	\$ 75,000 – Construction
Manchester Chicken Broil	\$ 20,000 - Construction
Consumers Energy Foundation	\$ 5,000 - Construction

Also provide the information in the two tables below

Budget Summary	Amount	Percentage
<b>Amount of funds from Coalition</b>	<b>\$33,000</b>	<b>24.8%</b>
<b>Total funds from other sources</b>	<b>\$100,000</b>	<b>75.2%</b>
<b>Marketing/Advertising</b>	<b>-0-</b>	
<b>Compensation – to one or more people</b>	<b>-0-</b>	
<b>Infrastructure (structure that lasts 5 years or more)</b>	<b>\$123,000</b>	<b>92.5%</b>
<b>Other expenses (construction oversight, survey staking)</b>	<b>\$10,000</b>	<b>7.5%</b>

2018 In-kind contributions: Village land equity in former railbed (detailed in *Proposal – Village of Manchester Shared-Use Trail*)

**Volunteer hours (Shared-Use Trail Committee members, Friends) – 200 hours in 2018**

<b>Plan Year</b>	<b>Amount granted</b>	<b>Amount Spent</b>	<b>Amount carried over</b>	<b>Amount returned to 5HF</b>
Year 1	<b>\$100,000</b>	<b>\$100,000</b>		
Year 2				
Year 3				
Year 4				
Year 5	<b>\$25,000</b>		<b>\$25,000</b>	