

Town of Valdese Comprehensive Parks and Recreation Plan



April 2013

Town of Valdese Comprehensive Parks and Recreation Plan

Prepared for:

Town of Valdese

Prepared by:

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Comprehensive Park and Recreation Plan

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Section I Introduction

Section Overview

Background

Methodology

Acknowledgements

Town of Valdese

Comprehensive Parks and Recreation Plan

I. Introduction

Background

The Town of Valdese is a small town located in Burke County and the foothills of North Carolina. The Town has been involved with and supported recreation since the opening of the Valdese Recreation Center in the 1950's. Since that time, several parks have been constructed. The Town has a Recreation Department with a full-time Director. They also have a Parks and Recreation Commission that is appointed by the Town and makes recommendation regarding recreation in the Town.

Over the last several years, the Town has realized that it has some older facilities that will need renovating and there are new facilities that citizens would like to see built in the Town. In 2012, the Town hired the Western Piedmont Council of Governments to develop a comprehensive town-wide parks and recreation plan that would serve as a blueprint for renovation and development over the next 15 years. WPCOG staff has worked with both the Recreation Director and the Advisory Committee on the development of this plan.



Valdese Recreation Center Bowling Alley

Methodology

The Town realized that for this plan to be successful there had to be public input. During the plan development, the project team met with the Valdese Recreation Director and attended several meetings of the Parks and Recreation Commission. A town-wide survey was developed and 89 people responded. In addition, three advertised focus group meetings were conducted to gather input. The input gained helped the project team to determine what facilities needed to be addressed and the priority for development or renovation.

Acknowledgements

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Section II Demographics

Section Overview

This section of the study looks at the town's growth from 2000 to 2010 and compares it to other governmental units. It also looks at what age groups in Valdese have population increases and which groups have population decreases.

Demographics

II. Demographics

The population in the Town of Valdese in 2010 was 4,490 and in 2000 it was 4,485. This represents an increase of only 5 people or 0.1%. During the same period, Burke County where Valdese is located, increased 2.0% and the Hickory MSA increased 6.9%.

Table 1.
Population Change (2000-2010)

Place	2000	2010	Change 2000-2010	% Increase 2000-2010
Valdese	4,485	4,490	5	0.1
Burke Co.	89,148	90,912	1,764	2.0
Hickory MSA	341,851	365,497	23,646	6.9
N. Carolina	8,049,313	9,535,483	1,486,170	18.5
U.S.A	281,421,900	308,745,538	27,323,638	9.7

US Census

From 2000 to 2010, the largest increase in age groups was from 45 to 59 which showed an increase of 151 people. Also, there was an increase for ages 60 and over from 2000 to 2010 of 71 people. On the other hand, from 2000 to 2010, for ages 10 and under, the population dropped from 597 to 523 for a loss of 74 people. For ages 10 to 19, the population increased by 15 people. The biggest loss was for ages 20 to 44 which was 1,426 in 2000 and 1,268 in 2010. This was a loss of 158 people. These statistics show that the Town of Valdese is aging and there was a loss in population from 2000 to 2010 for ages 44 and younger.

Table 2.
Valdese Population Change Age Groups (2000-2010)

Age Group	2000	2010	Change + or (-)
Under 10	597	523	(-74)
10-19	546	561	15
20-44	1426	1268	(-158)
45-59	790	941	151
60 and over	1126	1197	71
Total	4,485	4,490	5

US Census

The tables show that Valdese has an aging population. The loss of people in ages 20 to 44 from 2000 to 2010 is the largest group population loss. The decrease could be

attributed to the poor economy in the area and that the young people are going to areas where the economy is stronger. The only young group that increased in population was ages 10-19. This age group was born before the economic troubles of the late 2000's. The older population is steadily increasing in Valdese and recreation activities should be geared for this group.

Section III Public Input

Section Overview

This section of the study looks at how Valdese involved a broad range and representative number of citizens in preparing the plan.

Background

Valdese Parks and Recreation Commission

Survey

Focus Group Meetings

Summary

III. Public Input

Background

The Town of Valdese realized the importance of public input during the process of developing this plan. The project team developed a two-page survey that was distributed town-wide asking citizens' pertinent questions regarding current and future recreation in the Town. There were 89 responses to the survey.

Three pre-advertised focus group meetings were held by the Town over a two-day period in December 2012. The input gathered from citizens attending was used to determine priorities for development and renovation at the existing parks and for development needs for future parks.

Valdese Parks and Recreation Commission

Throughout the project, the Project Team worked with the Valdese Parks and Recreation Commission, an advisory committee appointed by the Town. The Commission evaluates current policies and makes recommendations for future recreation policies in the Town.

The project team met three times during the project with the Commission. At the meetings, the schedule was reviewed and project elements were discussed. The Commission reviewed the recommendations for the existing facilities and gave input regarding park land and acreage needed for future facilities.

Survey

In October 2012, the Project Team developed a two page survey to be distributed in Valdese which asked for citizen preferences to recreation parks, facilities and other recreation issues. The Recreation Department distributed the survey town-wide and eighty nine people responded. The survey and results can be seen on the following pages.

Town of Valdese Recreation Survey

Thank you for taking the time to complete this important survey. Please check the response that most closely matches your opinion. YOUR RESPONSES ARE CONFIDENTIAL. Please return the survey to the office at the Valdese Recreation Center by Wednesday, November 7.

1. **How many persons living in your household (counting yourself) are ?**
 Under age 10 _____ Age 25-34 _____ age 55-64 _____
 Age 10-19 _____ Age 35-44 _____ Age 65-74 _____
 Age 20-24 _____ Age 45-54 _____ Age 75+ _____

2. **Do you live in the Town of Valdese?**
 Yes _____ No _____

3. **Overall, how would rate the physical condition of parks in Valdese?**
 (1) Excellent _____ (3) Fair _____
 (2) Good _____ (4) Poor _____

4. **Please list the programs that you or members of your household have participated in that are offered by the Valdese Recreation Department.**

5. **How would you rate the overall quality of programs that you and members of your household have participated in?**
 (1) Excellent _____ (3) Fair _____
 (2) Good _____ (4) Poor _____

6. **Please check ALL the ways you learn about parks and recreation programs and activities?**
 (1) Program Guide _____ (6) Town newsletter _____
 (2) Newspaper _____ (7) Flyers and brochures _____
 (3) From parks and recreation staff _____ (8) Website _____
 (4) Radio _____ (9) Other: _____
 (5) From Friends and neighbors _____

7. **What facilities have you used? Please list.**

8. **Following are potential repair/improvements that could be made at the parks? Please indicate the facilities listed below that you would SUPPORT being developed or renovated at the parks by checking the column beside the name.**

Football Field

Resurface Walking Track	
Lighting for Field	

Tiger Gym

Refurbish Bathrooms	
---------------------	--

Refurbish Area Downstairs for Storage	
Provide Indoor Volleyball	

McGalliard Falls Park

Grade ball fields level	
Repair Parking lot at Fletcher Ball Field	
Replace deteriorating picnic tables	
Repair/Restore Tennis Courts	
Replace Tennis Courts with Another Recreation Use	
Locate New Picnic Shelter	
Restore Old Grist Mill	
Install Playground Equipment	
Construct Disc Golf Course	
Construct Walking Trail/Greenway	
Revamp/Replace Restroom facilities	

Children's Park

Repair Outfield of Ball field	
Restore Playground Borders & surface	
Create Outdoor Education Area/Signage Along Creek	

Valdese Recreation Center

Renovate Locker Rooms	
Modernize Bowling Alley	
Replace Gym Floor	
Replace Pool Bubble or Build Permanent Pool Structure?	
Expand Building for Fitness studios/Racquetball	
Install Air-Conditioning in gymnasium	

New Parks or Facilities

Create New Parkland near Downtown	
Create New Parkland near Lake Rhodhiss	
Create an Area for Mountain Biking	
New Soccer Fields	

Any other suggestions for facilities or improvements not listed:

9. **In Priority, which four facilities or improvements would you be most willing to fund with tax dollars**

	1st
	2 nd
	3rd
	4th

10. **The costs to build, renovate and operate facilities over and above the availability of grants and donations should be paid for by:**

- (1) Property Taxes _____
- (2) Bonds _____
- (3) User Fees _____
- (4) Sales Taxes _____

Town of Valdese Recreation Survey Results

A Recreation Survey was recently completed in the Town of Valdese with 89 people responding to the survey. The results are shown below.

- 1. How many persons living in your household (counting yourself are ?)**
 - 1) Age 45-54 42
 - 2) Age 10-19 35
 - 3) Age 35-44 34
 - 4) Under Age 10 27
 - 5) Age 55-64 27
 - 6) Age 25-34 23
 - 7) Age 20-24 17
 - 8) Age 65-74 13
 - 9) Age 75+ 2

- 2. Do you live in the Town of Valdese?**
 - 1) Yes 44
 - 2) No 43

- 3. Overall, how would you rate the physical condition of parks in Valdese?**
 - 1) Good 54
 - 2) Fair 18
 - 3) Excellent 9
 - 4) Poor 2

- 4. Please list the programs that you or members of your household have Participated in that are offered by the Valdese Recreation Department.**
 - 1) Pool (swim lessons, swim team, aquasize and adult swim lesson) 49
 - 2) Fitness/Weight Room 20
 - 3) Exercise (walking, zumba, and yoga) 16
 - 4) Bowling (bowling, bowling league and bowling lessons) 10
 - 4) Soccer 10
 - 6) Gym (basketball, youth basketball) 9
 - 7) Football 8
 - 8) Baseball and T-Ball 7
 - 9) Tennis and Tennis Team 4
 - 10) Futsal 3

- 5. How would you rate the overall quality of programs that you and members Or your household have participated in?**
 - 1) Excellent 37
 - 2) Good 37
 - 3) Fair 4

4) Poor 0

6. Please check ALL the ways you learn about parks and recreation programs activities.

1) From Parks and Recreation Staff	<u>55</u>
2) From Friends and Neighbors	<u>44</u>
3) Website	<u>24</u>
4) Flyers and Brochures	<u>24</u>
5) Program Guides	<u>13</u>
6) Newspaper	<u>10</u>
7) Town Newsletter	<u>10</u>
8) Radio	<u>8</u>
9) Facebook	<u>7</u>

7. What facilities have you used? Please list.

1) Pool	<u>35</u>
2) Fitness Center	<u>26</u>
3) McGalliard Falls Park	<u>23</u>
4) Childrens Park	<u>18</u>
5) Football Track	<u>16</u>
6) Valdese Recreation Center	<u>13</u>
7) Gym	<u>11</u>
8) Tiger Gym	<u>6</u>
9) Bowling	<u>6</u>
10)Tennis Courts	<u>6</u>

8. Following are potential repair/improvements that could be made at the parks? Please indicate that facilities listed below that you would SUPPORT Being developed or renovated at the parks by checking the column beside the name.

1) Construct Walking Trail/Greenway at McGalliard Falls Park	<u>52</u>
2) Expand Valdese Rec. Building for Fitness Studio/Racquetball	<u>49</u>
3) Replace Pool Bubble or Build Permanent Structure	<u>48</u>
4) Resurface Walking Track Football Field	<u>44</u>
5) Refurbish Restroom Tiger Gym	<u>42</u>
6) Install Playground Equipment at McGalliard Falls Park	<u>41</u>
7) Replace Deteriorating Picnic Tables McGalliard Falls Park	<u>39</u>
8) Lighting for Football Field	<u>36</u>
9) Restore Playground Borders & Surface Childrens Park	<u>34</u>
9) Renovate Locker Rooms Valdese Recreation Center	<u>34</u>
9) Install Air-Conditioning in Gym Valdese Recreation Center	<u>34</u>
12) Modernize Bowling Alley	<u>33</u>

9. In Priority, which four facilities or improvements would you be most willing to fund with tax dollars. 4 points for 1st, 3 points for 2nd, 2 points for 3rd and 1 point for 4th

1) Pool Valdese Recreation Center	<u>62</u>
2) Walking Trail/Greenway McGalliard Park	<u>46</u>
3) Expand Recreation Center for fitness/Racquet Ball	<u>41</u>
4) New Parkland near Downtown	<u>21</u>
5) Install Air-Conditioning in Gym Valdese Recreation Center	<u>18</u>
5) Renovate Locker Rooms Valdese Recreation Center	<u>14</u>
7) Create an Area for Mountain Biking	<u>14</u>
8) Playground Equipment McGalliard Falls Park	<u>11</u>
8) Create New Parkland Near Lake Rhodhiss	<u>11</u>
8) Resurface Walking Track Football Field	<u>11</u>
11) Install Lights for Football Field	<u>9</u>
12) Resurface Gym Floor Valdese Recreation Center	<u>8</u>

Improvements to the parks as a whole were also prioritized with the same point values.

1) McGalliard Falls Park	<u>57</u>
2) Valdese Recreation Center	<u>50</u>
3) Childrens Park	<u>37</u>
4) Tiger Gym	<u>17</u>
5) Football Field	<u>16</u>
6) New Parks	<u>8</u>

10. The cost to build, renovate and operate facilities over and above the availability of grants and donations should be paid for by:

1) User Fees	<u>48</u>
2) Property Taxes	<u>37</u>
3) Bonds	<u>36</u>
4) Sales Tax	<u>28</u>

As can be seen by the survey, the three most popular programs that citizens participated in were the pool, fitness weight room, and exercise including walking. The pool and the fitness center were the most used facilities. The three most popular facilities that citizens would support renovating or developing were a walking trail/greenway at McGalliard Falls Park, expanding the Valdese Recreation Center Building for Fitness Studio/Racquetball, and replacing the pool bubble or building a permanent structure. Citizens were most willing to fund the above three facilities with tax dollars and they felt that user fees and property taxes were the way to pay for the renovation and development. It is apparent from the survey that citizens want a greenway trail at McGalliard Park, the pool renovated/replaced with a permanent structure and expansion of the fitness center over the existing building roof.

Focus Group Meetings

As a further way to gather public input, three pre-advertised public focus group meetings were conducted by the Town. The first meeting was held on December 3 and the remaining meetings were held on December 4. At each of the meetings, project staff updated the audience on the plan, reviewed the analysis of existing facilities, and the survey, and led discussion among the participants on what programs and facilities they would like to see in Valdese. Programs and facilities discussed at the three meetings are listed below.

December 3, 1:00 pm - Focus Group Meeting – 7 participants

- It would be nice to light the walking track at the football field since it is the only walking track in Valdese.
- Participants expressed a desire for indoor volleyball at Tiger Gym.
- Participants wanted to see a greenway trail at McGalliard Falls Park. Several participants said it would be nice to have a trail so people would not have to drive to the Morganton Greenway.
- It was suggested that the Town talk to Duke Energy about leasing land for trails.
- A mountain biking trail and other trails would be big in Valdese and it could give them a brand to attract people from other areas. Efforts in Lenoir were mentioned along with possible grants.
- Participants felt a disc golf course would be good for the Town.
- There was much discussion regarding the picnic shelter and playground equipment at McGalliard Falls Park. An Adventure Playground was mentioned as a possibility at the park.
- Participants felt that it was not worth the money to rehabilitate the tennis courts at McGalliard Falls Park. There were other sites for tennis and the existing courts at McGalliard Falls Park could be used for another activity.
- Everyone agreed that the playground at Childrens Park needs leveling. There needs to be more parking and a water park along the creek would be a possibility.
- There was considerable discussion regarding whether the existing pool bubble should be replaced or a permanent structure built. It was pointed out the bubble had a life of 10 years and it cost \$120,000 to restore the inside membrane. Most of the participants felt that a permanent structure would be a better investment and the Town should look at something that had a large door opening and allowed sunlight.
- Everyone felt that the heavily use fitness room was too small. If a second floor could be structurally added above the bowling alley, that would allow for more fitness and yoga areas.
- Everyone was in agreement that there are enough ballfields in the town; however, there are no dedicated soccer fields.
- Future park land and facilities generated discussion. The Town should look for land on Lake Rhodhiss to develop a passive park. From the park, they could have trails that lead to the water plant and wastewater treatment plant. There needs to

be a park near downtown. A splash pad is a huge need and perhaps the pad and soccer fields could be located near downtown.

- The sidewalk from Laurel Street to Lovelady Road needs to be added to the sidewalk plan. When completed, this would give citizens a safe route from the wastewater treatment plant on the lake to downtown.

December 4, 12:30 pm – Focus Group Meeting – 9 participants

- Everyone felt that it would be waste of money to restore the tennis courts at McGalliard Falls Park
- Some participants suggested putting a playground where the tennis courts are located.
- Everyone felt that a walking trail at McGalliard Falls Park would be great.
- A spray park like Martha's Park in Morganton would be great.
- It would be good to renovate the old grist mill at McGalliard Falls Park. Perhaps this could be project for the Rotary or Lions Clubs.
- Everyone felt that it would be good to renovate the picnic and playground areas at Childrens Park.
- Try to find a better place for parking at Childrens Park.
- Similar to the first focus group meeting, there was lots of discussion on whether to replace the bubble or build a permanent structure at the pool. People felt that it should be a glass structure with a door that opened. An example of a pool in Greenville, SC was mentioned. The consensus was if you're going to spend the money, fix it right and do a permanent structure.
- Everyone loved the idea of creating more space with a second floor over the bowling alley for fitness rooms and classes such as yoga.
- The Town should look to Blue Ridge Health Care, Carolina Orthopedics and others as possible funding partners.
- It was suggested that parking was a problem at the Recreation Center and it needed to be redesigned.
- Everyone was in agreement on the need for a park with public access on the lake and a park near the downtown.
- There are enough ballfields but dedicated soccer fields are needed.
- Participants felt the town should market what they have and brand it as a family friendly community. Community gardens would be a nice addition.

December 4, 6:00 pm – Focus Group Meeting – 10 participants

- There was a consensus that the tennis courts at McGalliard Falls Park should not be renovated. A dog park was suggested as a new recreation use where the courts are currently located.
- New picnic tables are needed at McGalliard Falls Park.
- Participants felt that a walking trail at McGalliard Falls Park would be great and perhaps it could connect to Lake Rhodhiss.

- Another possibility for a walking trail was from Childrens Park to Lake Rhodhiss following sewer line easements.
- There are many of runners in Valdese, and additional areas to walk would bring in more seniors to the town.
- Perhaps the old grist mill at McGalliard Falls Park could be restored with volunteers such as the Rotary or Lions Club.
- Some participants felt that lights and renovation needs to be done at Fletcher Ball Fields and there should be a playground adjacent to the ball fields.
- It was mentioned that there are no dedicated soccer fields in Valdese.
- It was suggested that a soccer field could be built at Childrens Park
- An outdoor education center could be constructed along the creek at Childrens Park with assistance from the Agricultural Extension
- The future of the swimming pool generated discussion. Participants felt that a glass permanent structure that opened on one end would be nice. The pool needs to be resurfaced. A permanent structure would need a huge fan to dissipate heat to the outside. A therapy pool and having an open shop to sell aquatic equipment were also suggested.
- Everyone agreed that more area was needed for fitness and the idea of putting a second floor over the bowling alley was good if it was feasible.
- The bowling alley is used a lot and lanes are in great shape.
- Access to the parks is critical and the town should have alternative transportation routes. There is a need to have bike lanes and the missing link of sidewalk from downtown to the wastewater treatment plant should be completed.
- Participants felt that if Valdese could develop trails it could give them an identity similar to Morganton for ballfields.
- A park is needed downtown that could also have a farmers market. A spray park would also be good near downtown.
- Composting toilets at parks would reduce vandalism.

Summary

From the input gathered from the survey and the focus group meetings, several things became apparent. The top three things citizens would like to see at existing parks are (1) a trail from McGalliard Falls Park to the Wastewater Treatment Plant, (2) a permanent structure for the pool instead of another bubble and (3) expansion of the fitness area at the recreation center by adding a second floor over the bowling alley.

Citizens also felt that there were enough ballfields in the Town but a dedicated soccer field should be constructed. The tennis courts at McGalliard Falls Park should not be renovated. Perhaps that area could become another use such as skate board area, dog park or playground.

There was a consensus for public access to Lake Rhodhiss. Everyone agreed that a passive park was needed, and the uses could range from walking trail, canoe/kayak access, picnic shelter, playground equipment, disc golf and mountain biking area. The

amount of land needed would vary depending on the facilities. If mountain biking were included, a larger tract would be needed.

Everyone agreed that a park was needed downtown. The park could have a farmers market, splash pad water area for kids, disc golf, picnic shelter and playground. There was growing support for a downtown park as the focus meeting concluded.

Section IV Existing Facilities

Section Overview

This section of the study looks at the five existing recreation facilities in the Town of Valdese that are owned, operated and maintained by the Parks and Recreation Department. Observations and recommendations from the study follow each facility. The existing facilities are reviewed to avoid unnecessary duplication for future facilities at parks and to recommend renovations as necessary. The recommendations are broken down into three phases. These are short term (1-5 years), intermediate (6-10) years and long term (11-15 years). In addition, other facilities open to the public but not operated and maintained by the Recreation Department are listed. The section is broken down into the following:

Tiger Gym

Football Field

Childrens Park

McGalliard Falls Park

Valdese Recreation Center

Other Facilities

Section IV Existing Facilities

Tiger Gym

Tiger Gym is the gymnasium that was used by the old Valdese High School. It is an older structure that is owned by the Town and used by the Parks and Recreation Department. Current uses include basketball and indoor soccer.

RECOMMENDATIONS:

SHORT TERM

As previously mentioned, the gymnasium is an older structure that has not had any renovation in recent years.

- 1) **NEW FLAT ROOF** This project has been previously planned and should be completed over the next year.
- 2) **REFURBISH RESTROOMS** The restrooms have not been renovated in recent years and these should be updated.
- 3) **NEW FLAT ROOF (2)** The other section of the flat roof will need to be replaced within the next five years.
- 4) **CREATE INDOOR VOLLEYBALL COURT** From the survey and the focus group meetings, there was interest in having indoor volleyball. This would be a low-cost activity and would require purchasing net standards.



Tiger Gym

INTERMEDIATE

- 1) **AIR-CONDITIONING** The facility currently does not have air-conditioning which limits its use during the warmer months.

LONG TERM

- 1) **RENOVATE DOWNSTAIRS** The downstairs should be renovated to provide extra storage for the Parks and Recreation Department

Football Field

The football field was once used by the old Valdese High School for football. The field is owned by the Burke County School system and a verbal agreement exists between the Town and schools for the Town to use the field. There are two current uses at the facility. The Parks and Recreation Department uses the field for its organized football program and it serves as a walking track for the Town's citizens. It is the only walking track in Valdese. A concession stand and press box are also located at the field.

RECOMMENDATIONS:

SHORT TERM

- 1) **REFURBISH WALKING TRACK.** There are many sections of the track that have cracks from age. These areas need to be resurfaced.



Football Field

INTERMEDIATE

- 1) **INSTALL LIGHTING** Currently, there is no lighting at the track which limits the use of the field to daylight hours for organized programs. Installing lights would provide more flexibility for scheduling organized football games.

Childrens Park

Childrens Park is located along US 70 in east Valdese. The 5.8 acre park has creeks surrounding the south, west, and north borders of the park. The creeks and the steep terrain on the south side of the park limit future activities at the park. The current uses include t-ball field with lighting, playground equipment and one picnic shelter with restrooms.

RECOMMENDATIONS:

SHORT TERM

- 1) **NEW ROOF FOR PICNIC SHELTER** The Parks and Recreation Department hopes to replace the roof in the next year.

- 2) **LEVEL PLAYGROUND** There are areas in the playground that are not level and it can be difficult for participants to use playground equipment. This issue was discussed at the focus group meetings.

INTERMEDIATE

- 1) **OUTFIELD NEEDS RESURFACING** Areas in the outfield are not level due to settling of the ground. This unlevel surface can cause balls hit into the outfield to make erratic bounces which makes it more difficult to field the ball.



Childrens Park

- 2) **DEVELOP OUTDOOR EDUCATION AREA** There is an area located near the creek that could be developed into an outdoor education classroom. Students could learn about water quality. Classrooms similar to this are being used in other areas such as the Lenoir Greenway. The Town could work with the school system and other groups to develop the area which would include signage and would be located near the entrance to the park

LONG TERM

- 1) **DETERMINE IF PARK SUITABLE FOR FUTURE FACILITIES** There may be adjacent property available that would make locating new facilities at the park easier.

McGalliard Falls Park

McGalliard Falls Park is located in the northern part of Valdese and is split by McGalliard Creek which runs north to south through the park. The west side of the park includes passive recreation activities while the east side known as Fletcher Ball Fields includes several ball fields. The Parks and Recreation Department uses these fields for programmed league sports.



Current uses at the McGalliard Falls Park include four tennis courts, two picnic shelters on the west side of park connected to restrooms, horseshoes, individual picnic tables, outdoor volleyball court, and an observation deck overlooking McGalliard Falls.

Fletcher Ball Fields includes two lighted little league ball fields that are also used for soccer, a concession stand, restroom facilities, one individual picnic table and an observation deck overlooking McGalliard Falls.

RECOMMENDATIONS:

SHORT TERM

- 1) **ADDITIONAL PICNIC SHELTER AND RELOCATE RESTROOMS ON PARK SIDE.** The restrooms at the picnic shelter on the McGalliard Falls side of the park are out of sight from the public and are a constant problem for vandalism. In addition, the picnic shelters that connect to the restrooms need repairing. A new picnic shelter with restrooms should be located in an area that is in view of the public and the Valdese Police Department which patrols the area. The new shelter/restrooms could be located near the creek but they must be located out of the floodplain.



Existing Picnic Shelter

- 2) **REPLACE PICNIC TABLES** There are thirty individual picnic tables located at both sides of the park. These need to be replaced since the wooden structures are rotting. Some are more deteriorated than others. Fifteen of the thirty should be replaced in the next five years. The majority of these tables are located at the existing picnic shelter. The new tables should be made out of a composite material that is resistant to the elements.
- 3) **PURCHASE PLAYGROUND EQUIPMENT** A need for playground equipment at the park was expressed at the focus group meetings and from the survey. Installing playground equipment would make the park more useable for families. The playground equipment should be located near the picnic shelter and out of the floodplain.
- 4) **REPLACE ROOF ON CONCESSION BUILDING** The roof on the concession building at Fletcher Ball Fields should be replaced in the next five years.
- 5) **CONSTRUCT WALKING TRAIL TO LAKE RHODHISS** Currently, the Town has an easement with Crescent Resources for a sewer line that follows McGalliard Creek from the park to the Town of Valdese Waste Water Treatment

Plant (WWTP) at Lake Rhodhiss. This area is an ideal location for a long distance trail that would provide spectacular scenery. The trail would be approximately 6,300 LF in length and would be a natural surface trail. A small area at the WWTP property would need to be dedicated to provide access to users. There would be minimal grading required since the easement already exists. There would be one creek crossing on McGalliard Creek. Currently, people using the easement for walking cross the creek by walking on a large sewer pipe that spans the creek. With the development of a formal trail, a pedestrian bridge would need to be constructed. The cost of the bridge would be dependent on where it is located and how it would impact the floodplain of McGalliard Creek. A bridge would need to be a least 90 feet in length. Currently, a hunting club leases property adjacent to the sewer easement and the Town should check to make sure there will be no safety issues with the adjacent property users.

Construction of a trail to the lake was one of the most popular topics on the survey. There was also widespread support at the focus group meetings held in December.

INTERMEDIATE

- 1) **RESURFACE PARKING LOT AT FLETCHER BALL FIELDS** The parking lot at Fletcher Ball Fields is showing age and it needs to be resurfaced in the future. There are cracks in the pavement and other areas that will need refurbishing with asphalt.



Fletcher Ball Fields

- 2) **RESURFACE BALL FIELDS** The outfields of the two ball fields have settled over the years and they need to be leveled and resurfaced in the future. This can cause balls hit into the outfield to make an erratic bounces, which makes it more difficult to field the ball.
- 3) **RELOCATE TENNIS COURTS** From the public input received from the survey and the focus group meetings, it became apparent that there was little interest in renovating the four tennis courts at the park. Besides the cost involved, citizens felt that there were enough tennis courts available for users without the courts at McGalliard Falls Park. The courts are in need of repair and at some point in the future they will not be useable. At that point, they should be closed. From the public input, many ideas of facilities that could be located at the site of the current courts were mentioned. These include playground equipment, outdoor basketball courts, dog park and skate board area.

- 4) **REPLACE REMAINING INDIVIDUAL PICNIC TABLES** In first phase, the fifteen most deteriorated individual picnic tables would be replaced. In this phase the remaining fifteen tables would be replaced. The tables are located throughout the park.

LONG TERM

- 1) **RESTORE GRIST MILL** An old grist mill is located along the eastern bank of McGalliard Creek in the park and below the falls. The mill has not functioned in many years and a major renovation would be required to bring it back to working order. Citizens at the focus group meetings and from the survey responded that they would like to see the mill restored. It would be a valuable asset to the park and could attract visitors. However, they realize that it would be expensive. The restoration could become a long term project of a civic club or foundation and between donations and volunteer labor, the mill someday could be brought back to working order.

Valdese Recreation Center

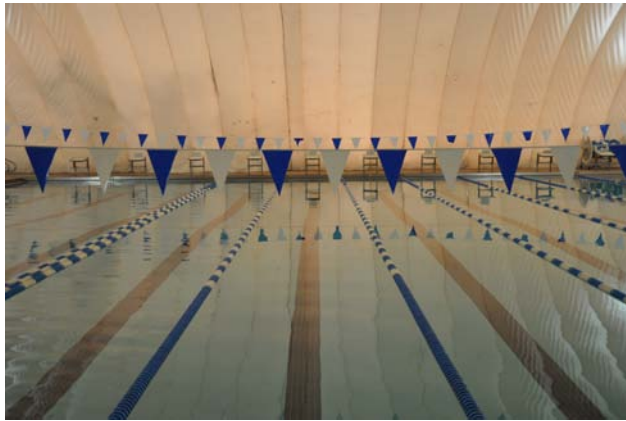
The Valdese Recreation Center was built in 1938 with private funds and is the center point for recreation in the Town. Besides recreation facilities, it also provides offices for the Parks and Recreation Department.

RECOMMENDATIONS:

SHORT TERM

- 1) **RESURFACE SWIMMING POOL** The swimming pool surface coat needs resurfacing. The surface has become rough and pitted. As this will only get worse, the resurfacing should occur in the next couple of years.
- 2) **REPLACE GYMNASIUM FLOOR** The floor in the gymnasium is showing wear from usage. It has been resurfaced in the past but the wood has been sanded as much as is possible and can only have new coats of urethane added to protect the surface.
- 3) **REPLACE SWIMMING POOL WITH PERMANENT STRUCTURE** More than ten years ago, the Town constructed a fabric cover over the existing outdoor pool which made it a year-round pool. The cover has served the Town well over the years. However, the material is showing age and major work will need to be done to the cover in the next couple of years. Every season that the liner is put up and taken down also causes wear to the liner. From the survey, it was learned that the pool is one of the more popular recreation facilities in the town. It is well

used by people of all ages. At the three focus group public input meetings, the majority of participants felt that the Town should replace the bubble with a permanent structure that has the capability to allow air and light in during the



Valdese Recreation Center Swimming Pool

warmer months. In the long run, this would provide less up keep and maintenance and the Town would not have to replace the cover every ten years. There are several permanent structure pools in other areas that encompass building techniques so the swimmer does not feel that they are in an enclosed structure particularly in warmer weather. Greenville, South Carolina has a

permanent enclosed pool structure that provides lots of light and allows large doors on one end to be opened during the warmer months. This allows sun bathers and others to use the area outside the doors for sunbathing. A permanent structure would also need a large fan system to dissipate the heat generated in the summer to the outside.

- 4) **EXPAND BUILDING OUT OVER EXISTING ROOF OF BOWLING ALLEY**
From the survey and public input meetings, it became apparent that fitness and exercise classes are one of the most popular activities that the Valdese Parks and Recreation Department offers to the public. Presently, the facilities for exercise fitness classes are at capacity and there is a need for more rooms for the activities. The Valdese Recreation Center does not have any existing space that can

accommodate the additional rooms needed. An alternative would be to expand the existing building out over the existing roof of the bowling alley. There would be a considerable amount of potential square footage available on the existing roof. The first



Potential Expansion Area

step the Town would need to take would be to have an engineering firm look at the existing building and roof and determine whether the roof could support a second floor over the bowling alley which is partially underground. If it determined to be feasible, the Town should determine the amount of square footage it needs then get a cost estimate to construct the addition. The other

alternative would be to build a separate structure near the existing recreation center that would accommodate exercise and fitness classes. This would require finding a parcel of land to construct the building. A separate building for exercise and fitness classes would not be as convenient for users as having the classrooms in the existing Valdese Recreation Center.

INTERMEDIATE

- 1) **REPLACE ROOF OVER GYMNASIUM** In the next five to ten years the roof over the gymnasium will need to be replaced.
- 2) **RENOVATE THE LOCKER ROOMS** The lockers are deteriorating and will need to be replaced. The showers and toilets in both the men's and women's locker rooms need to be rehabilitated.
- 3) **REMODEL OFFICE** The office that serves the staff of the Parks and Recreation Department needs remodeling. New paint is needed and the work space needs to be reconfigured to better accommodate staff.
- 4) **INSTALL AIR CONDITIONING IN GYMNASIUM** There is no air conditioning in the gymnasium and the heat limits its use during warmer months.

LONG TERM

- 1) **UPDATE BOWLING ALLEY** The bowling alley has been a part of the Valdese Recreation Center for many years and remains a popular activity for residents as evidenced by the survey and the focus group meetings. In the long term, the bowling alley will need to be updated to bring it up to current standards. The scoring machines will need to be updated and the tables will need to be replaced.

Other Facilities

There are several other facilities in the Town that are not operated or maintained by the Parks and Recreation Department but provide recreation activities to the public. These are as follows:

- 1) **Old Rock School**

The Old Rock School is owned by the Town of Valdese and features concerts and meeting rooms that are available to groups. The school serves as the headquarters for the Valdese Tourism and Community Affairs Department that coordinates events at the school.

2) Trail of Faith

The Trail of Faith is a non profit group that focuses on the history of the Waldensians in the Valdese area. The group has restored buildings the public can tour and they sponsor “From This Day Forward” an outdoor drama. The group has a bocce court that is open to the public.

3) Waldensian Presbyterian Church

The church has a bocce and outdoor basketball court that is open to the public. These facilities are in the downtown area.

4) Burke County Schools

The Valdese Parks and Recreation Department sponsors a yearly basketball tournament and uses gymnasiums throughout the county that are owned by the Burke County School system.

Section V Site Plans

Section Overview

This section looks at the recommended renovations and development for the existing parks in Valdese. Proposed renovations and development are shown on maps for each park. This section is broken down into the following:

Exhibit 1, Existing Parks

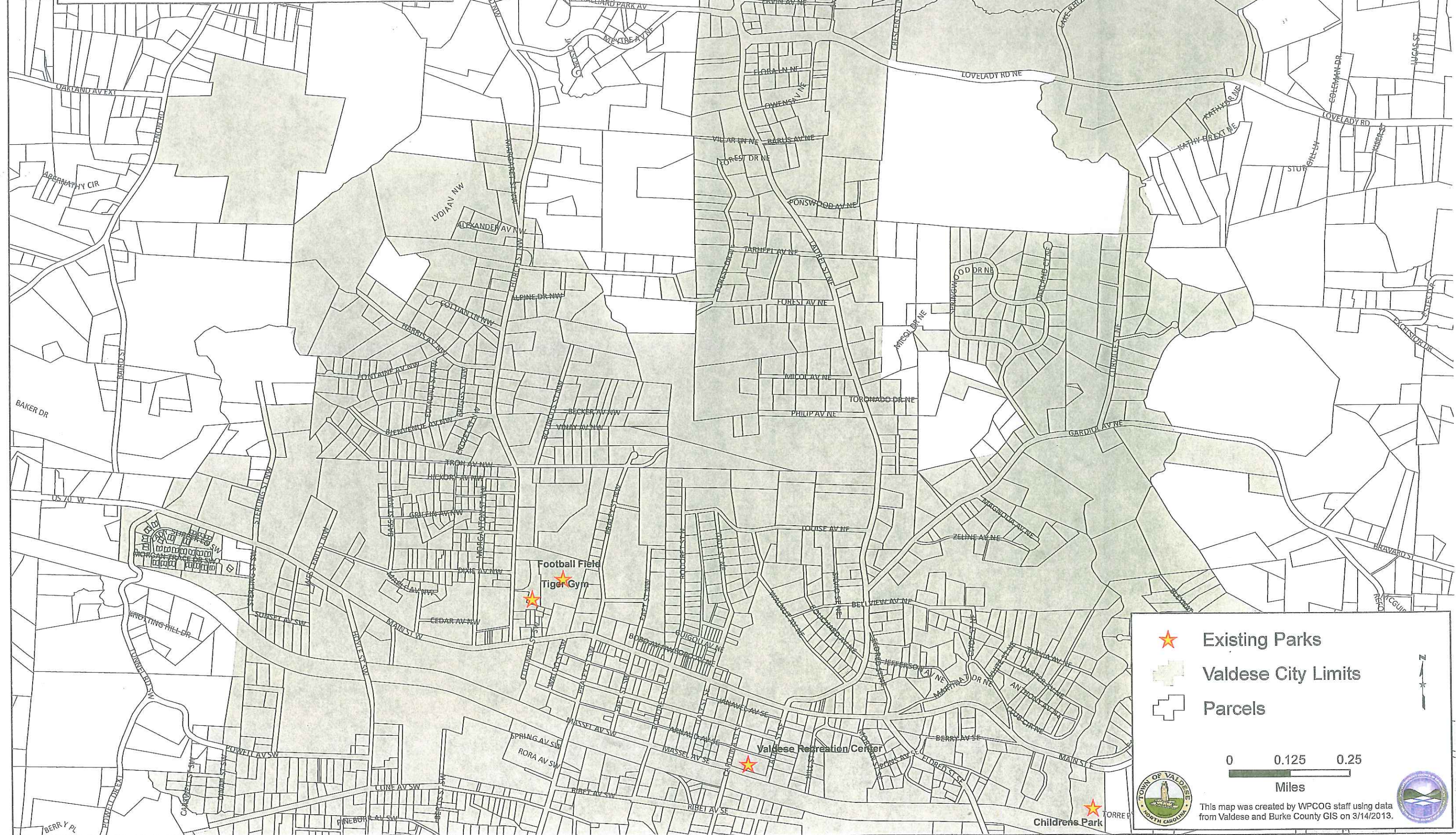
Exhibit 2, Tiger Gym & Football Field – Recommendations




Exhibit 3, Childrens Park – Recommendations

Exhibit 4, McGalliard Falls Park – Recommendations

Exhibit 5, Valdese Recreation Center - Recommendations

Valdeese Comprehensive Recreation Plan
Exhibit 1
Existing Parks



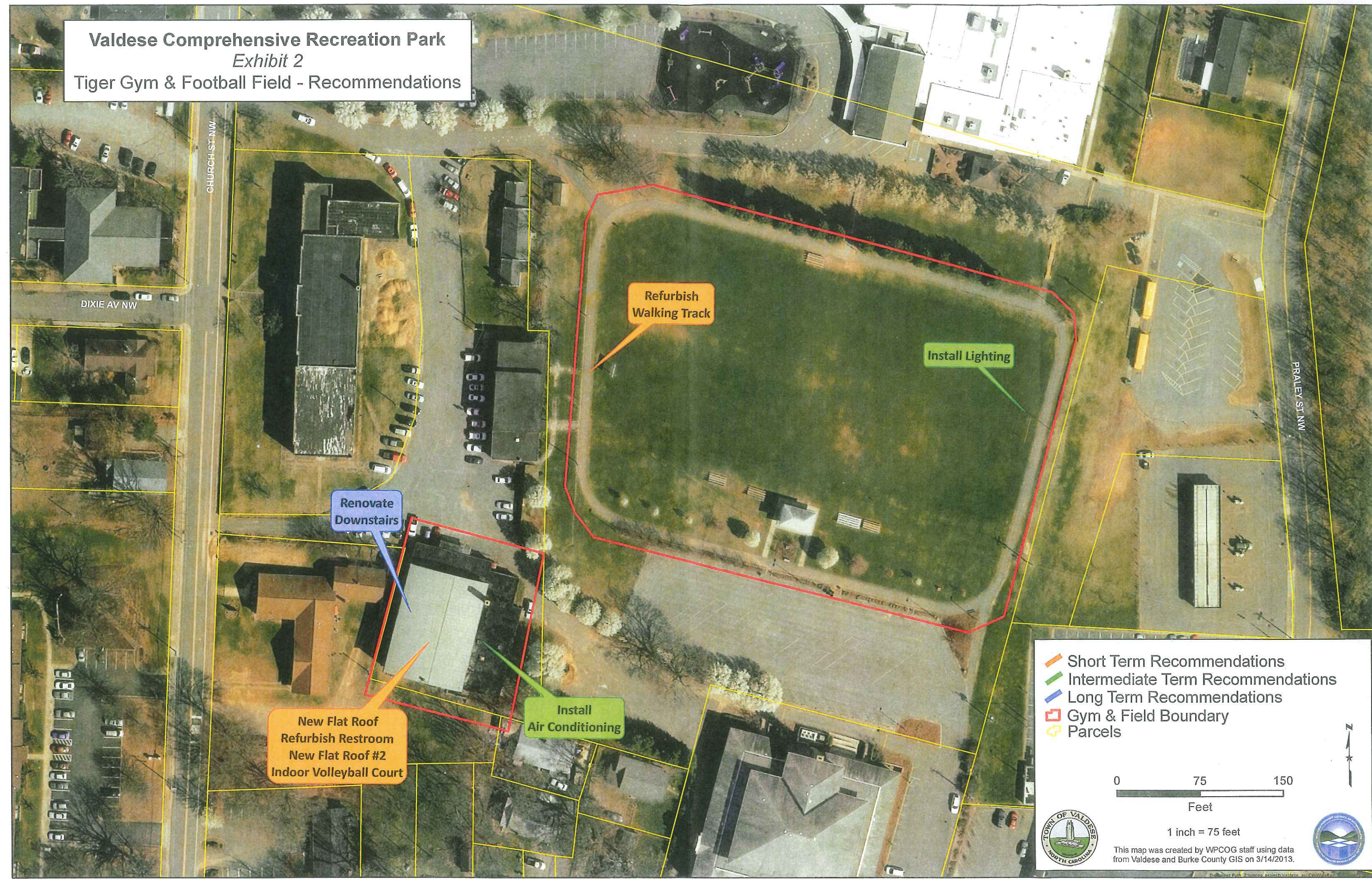
-  Existing Parks
-  Valdeese City Limits
-  Parcels

0 0.125 0.25
Miles

TOWN OF VALDEESE
NORTH CAROLINA

This map was created by WPCOG staff using data from Valdese and Burke County GIS on 3/14/2013.

Valdese Comprehensive Recreation Park
Exhibit 2
Tiger Gym & Football Field - Recommendations



New Flat Roof
Refurbish Restroom
New Flat Roof #2
Indoor Volleyball Court

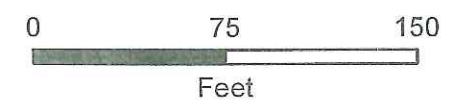
Renovate Downstairs

Refurbish Walking Track

Install Lighting

Install Air Conditioning

- ▬ Short Term Recommendations
- ▬ Intermediate Term Recommendations
- ▬ Long Term Recommendations
- Gym & Field Boundary
- Parcels



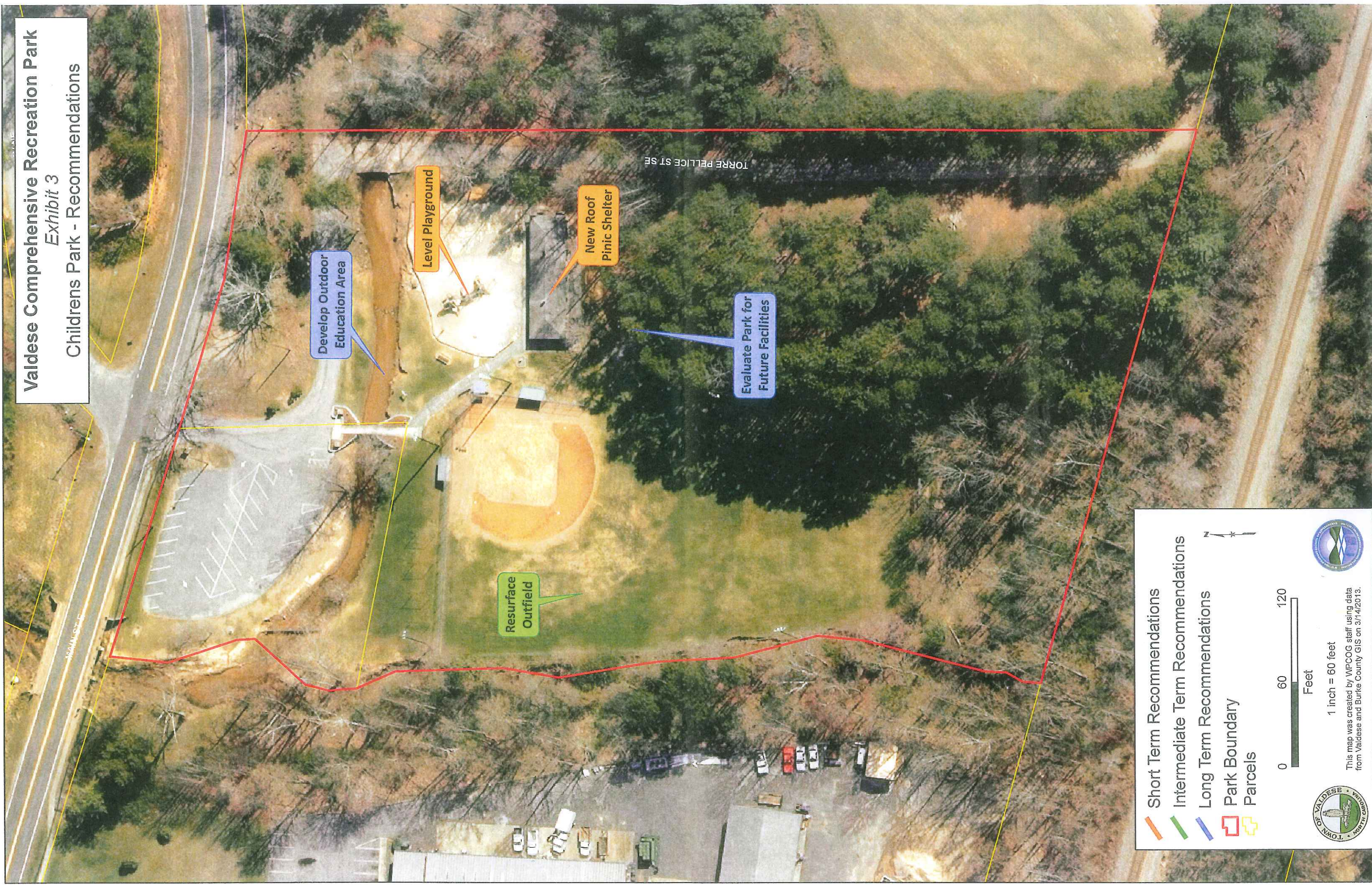
1 inch = 75 feet



This map was created by WPCOG staff using data from Valdese and Burke County GIS on 3/14/2013.



Valdese Comprehensive Recreation Park
Exhibit 3
Childrens Park - Recommendations



Develop Outdoor Education Area

Level Playground

New Roof Picnic Shelter

Evaluate Park for Future Facilities

Resurface Outfield




TORRE PELICE ST SE

Short Term Recommendations
Intermediate Term Recommendations
Long Term Recommendations
Park Boundary
Parcels

0 60 120
 Feet

1 inch = 60 feet

This map was created by WPCOG staff using data from Valdese and Burke County GIS on 3/14/2013.

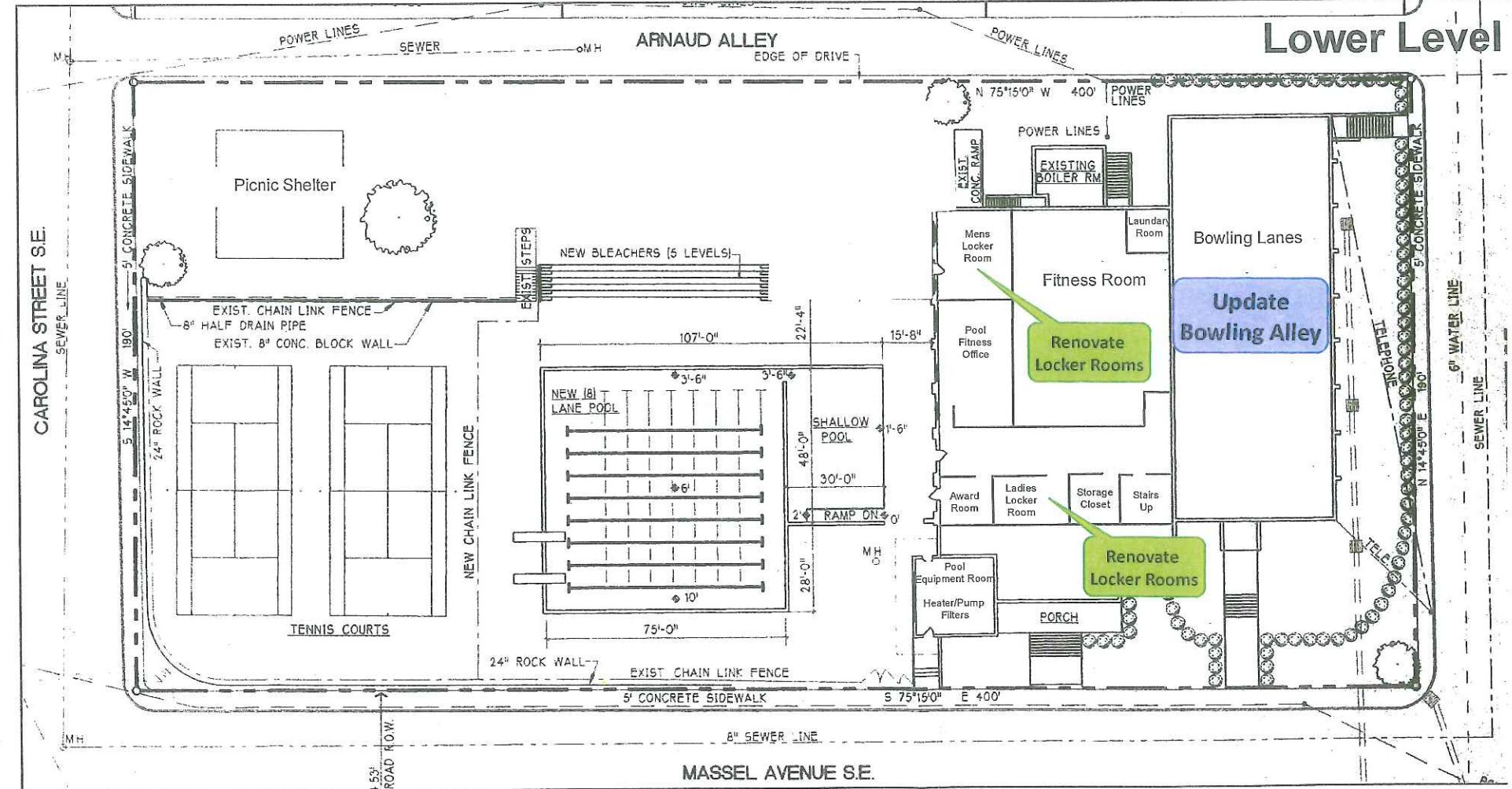
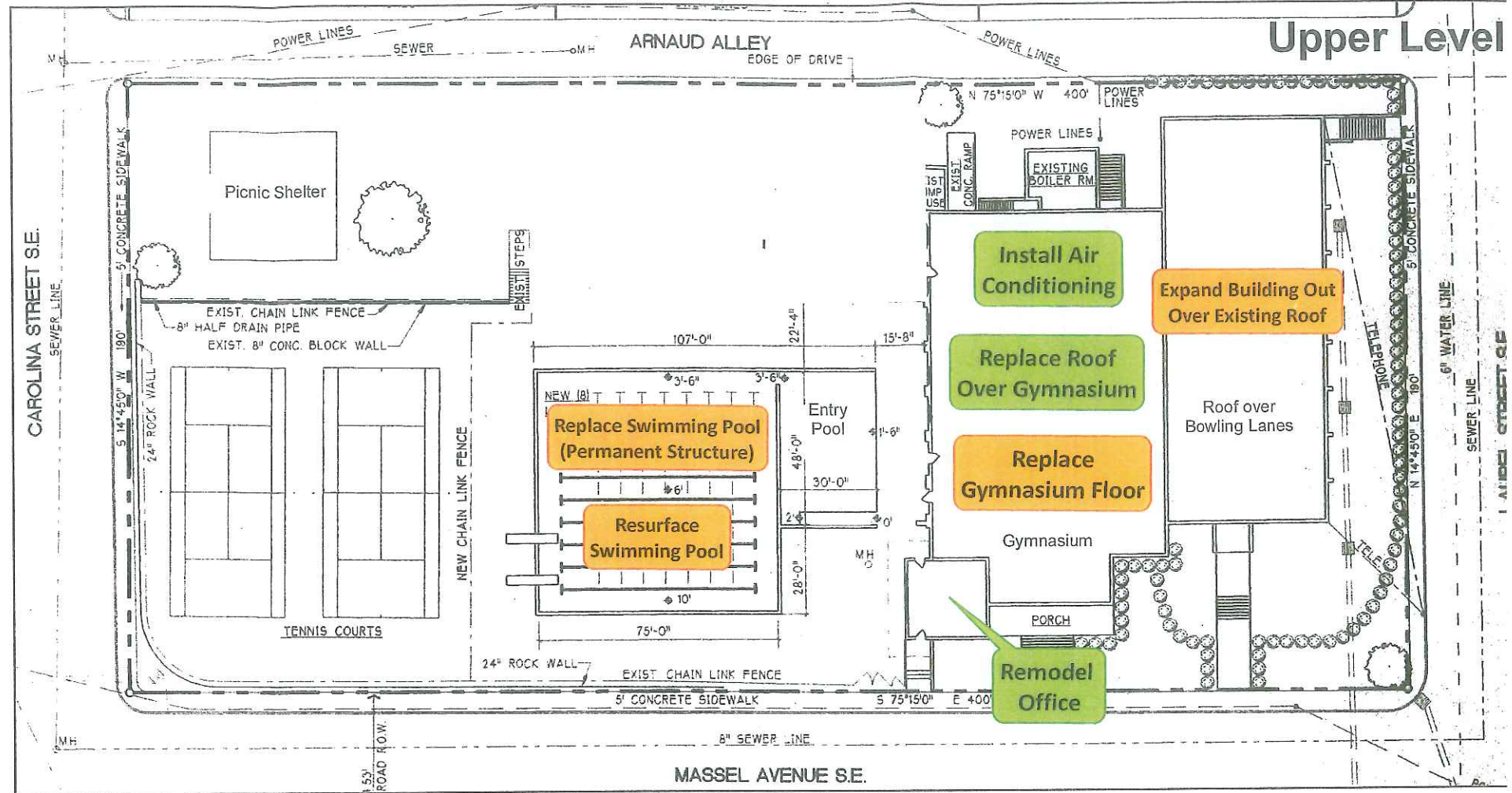
Valdeese Comprehensive Recreation Park
Exhibit 4
McGalliard Falls Park - Recommendations



— Short Term Recommendations
— Intermediate Term Recommendations
— Long Term Recommendations
 Park Boundary
 Parcels

0 150 300
 Feet Feet Feet
 1 inch = 85,369 feet
 This map was created by WPCOG staff using data from Valdeese and Burke County GIS on 3/14/2013.

Valdese Comprehensive Parks and Recreation Plan
Exhibit 5
Valdese Recreation Center



▬ Short Term Recommendations
▬ Intermediate Term Recommendations
▬ Long Term Recommendations
 Parcels

0 25 50 100
 Feet

This map was created by WPCOG staff using data from Valdese and Burke County GIS on 3/14/2013.

Section VI Future Parks

Section Overview

This section looks at new parks the Town will need in the future. There are options on parks depending on the size of available property and the faculties that are planned for the parks.

Background

Downtown Park Options

Lake Rhodhiss Park Options

Dedicated Soccer Fields

Section VI. Future Parks

Background

From the town-wide survey and the focus group meetings, it was clear that the residents would like to see a park located near the downtown and a park located on Lake Rhodhiss. The Town does not have available property at these sites and has not approached property owners about acquiring land. This section looks at future facilities and the amount of land needed for a park downtown and on Lake Rhodhiss. Two options are presented for each park and the amount of land available determines the facilities planned.

There was a consensus against building new ballfields. With the popularity of soccer, citizens felt that a dedicated soccer field(s) was needed, instead of adapting the existing ball fields for soccer. Future parks constructed would be in the long-term recommendations (11-15 years).

Downtown Park Options

There are two options for a downtown park. The difference would be the size (acreage) and the number of facilities in the park. In the long term, the type of park the Town builds near the downtown will depend on what land parcels are available at the time of development and available funding. The two options for a park near the downtown are a small 2-acre park and a larger 9-acre park.

SMALL TWO-ACRE PARK

A small 2-acre park would be easier to develop than a larger park and land may be easier to obtain. This park would have a kids' splash pad, a picnic shelter, playground equipment and adequate parking. There are similar small parks in the region that have kids' splash pads. Martha's Park in Morganton has a splash pad, playground equipment and picnic shelter. It is located downtown on 1.4 acres.

- Kids Splash Pad

Interest was expressed at focus group meetings for a splash pad for kids in the Town to



Splash Pad Martha's Park

use. Many park departments are adding these features to their parks in a order to update them. These splash pads do not require much space and are a seasonal activity during the warmer weather months. The splash pad would require a reliable source of water, and being located near the downtown would ensure that it could be connected to the municipal water supply

- Picnic Shelter/Restrooms

A picnic shelter could be erected at this park. A medium size (20'x 40') structure would be large enough to accommodate groups and could also serve families with kids using the splash pad and playground equipment. The Town may want to charge a user fee to large groups that would like to reserve the shelter. Restrooms may be needed depending on location of the park and the availability of nearby restrooms.

- Playground Equipment

Since this small park will be suited for families with kids, playground equipment would be a compatible use. The equipment purchased should meet the current consumer safety standards and there should be an adequate fall zone around the equipment.

LARGE NINE-ACRE PARK

A larger 9+ acre park near the downtown would contain most of the facilities of the smaller park with the exception of a kids splash pad. The proposed activities would depend on the terrain of the site but they should have playground equipment, a picnic shelter, and a walking track. Depending on the terrain, a disc golf course could be added to the site. The size of the site would allow for other facilities to be added as needed in the future.

- Picnic Shelter/Restrooms

As with the smaller downtown park, a picnic shelter could also be constructed at the larger park. The structure should be large enough to accommodate groups and families. Restrooms may be needed depending on location of park and availability of nearby restrooms. The Town may want to consider a user charge to large groups that want to reserve the shelter.

- Playground Equipment

Playground equipment that is purchased should meet current consumer safety standards and there should be an adequate fall zone around the equipment. Depending on the terrain of the park, there may be opportunities to install playground equipment at more than one location in the park.

- Walking Track

Currently, the only walking track in town is the track around the football field. On the survey and at the focus group meetings, interest was expressed in more walking opportunities for the citizens. A ½ mile long and 6 feet wide walking track could be easily constructed with a 9+ acre site. The track should be paved and not have a slope greater than 6% to comply with the Americans with Disabilities Act (ADA).

- Disc Golf

Disc golf is an activity that is increasing in popularity at parks across the region. It is enjoyed by young and old alike. In Burke County, there are currently three courses at Hildebran Town Park, Bethel Park and Catawba Meadows Park in Morganton. In the focus group meetings, interest was expressed to construct a disc golf course. The existing parks in Valdese do not have adequate space to construct a course. Disc golf courses are fairly inexpensive to construct and in many instances vendors will help with the design and cost. The largest expense is the pads and baskets. Many parks are finding that areas they thought were undevelopable are great locations for courses. Typical courses in the region have 9 and 18 holes. The size course is dependent on the amount of land available and terrain.



Disc Golf Basket

Lake Rhodhiss Park Options

From the survey and the focus group meetings, there was much interest in developing a park on Lake Rhodhiss. Citizens felt that such a park could be a regional park that could attract visitors from other areas. The Town limits extend to the lake and there is no public access to the lake. The only public access on the south shore of Lake Rhodhiss is at the Duke Energy Rhodhiss Access Area above Rhodhiss Dam, approximately 6 miles downstream from the Town limits. Land is steeper near or on the lake than it would be near downtown; therefore, it would be hard to find a fairly level parcel near the lake to construct ballfields and soccer fields. The amount of grading required would be expensive and it could create sedimentation problems for Lake Rhodhiss and the Town's water supply. A park built on Lake Rhodhiss needs to be a passive park with minimal grading. The two options for a park on Lake Rhodhiss are similar. The smaller park would be approximately 15 acres while a larger park would be approximately 40 acres to accommodate a dedicated mountain biking trail.

SMALL 15-ACRE PARK

A small 15-acre park would have several advantages over a larger park on the lake. The acquisition cost would be less than for a 40 acre parcel and it may be easier to locate a smaller tract of land. The 15 acre park would have a picnic shelter, walking trail, canoe/kayak launch or take-out, playground equipment and parking. Depending on the terrain and availability of space, a disc golf course also could be constructed.

- Picnic Shelter/Restrooms

A picnic shelter with restrooms should be constructed at the park. Families will be visiting the park and many will want to picnic. The structure should be large enough to accommodate groups and restrooms should be included. The Town may want to consider a user charge to large groups that want to reserve the shelter.

- Playground Equipment

Playground equipment purchased should meet current consumer safety standards and there should be an adequate fall zone around equipment. Depending on the terrain at the park, there may be opportunities to install playground equipment at more than one location. With the rustic & natural setting of the lake, an adventure playground could be installed. An adventure playground would not include typical swings and slides but may include items such as rope climbs, tree houses and rock climbs.

- Walking Trail

On the survey and at the focus group meetings, a need for more walking trails was expressed. A park on Lake Rhodhiss would be an excellent location for such a trail. A 1+ mile trail could be constructed on the site and could follow the perimeter of the park. The trail should have a natural surface and follow the terrain. The cost of the trail would vary depending on how many bridges were required. Every effort should be made to make the trail ADA compatible. Depending on the location of the park, it could connect to other areas such as McGalliard Falls Park.

- Canoe/Kayak Access

There is only one public access area on the south shore of Lake Rhodhiss, Rhodhiss Access Area. It is located approximately six miles from Valdese near Rhodhiss Dam. Other public access sites are Castle Bridge Access Area and Conley Creek Access Area, both located on the north shore of Lake Rhodhiss. Both access areas are a considerable distance from Valdese.

The need for a public park with public access to the lake was expressed through the survey and at the focus group meetings. Canoeing and kayaking have grown in popularity in recent years with a steady increase in fishing and recreational kayaks. The Upper Catawba River is a state designated river trail with 31 access points located over the 91 miles of river trail from Marion to Lake Lookout Shoals. If Valdese creates a park on the lake with canoe/kayak access, the site could become part of the Upper Catawba River Trail.



Canoe/Kayak Launch

River accesses are fairly inexpensive to build and usually consist of large timbered steps to the water. Before constructing an access area, the Town would need to check with Duke Energy to check to see if any permits need to be obtained.

- Disc Golf Course

Disc golf is growing in popularity at parks in the region. Valdese does not have a course although there are three existing courses in the County. Disc golf courses are fairly inexpensive to develop and can be constructed in areas of parks where no other types of facilities can be constructed. If a disc golf course is created at one of the existing parks or a future downtown park, the town should evaluate whether another course is needed for a park on Lake Rhodhiss.

LARGE 40-ACRE PARK

Another option for the Town would be to develop a larger 40+ acre park on Lake Rhodhiss. The larger park would have the same activities as the small 15-acre park with the exception of a mountain bike trail.

- Picnic Shelter/Restrooms

A picnic shelter with restrooms should be constructed at the larger park. Because of the larger size of the park, additional picnic shelters could be erected as needed. The structures should be large enough to accommodate groups and restrooms should be included. The Town may want to consider a user charge to large groups that want to reserve the shelter.

- Playground Equipment

Any equipment purchased should meet current consumer safety standards. Depending on the terrain, there may be opportunities to install playground equipment at more than one location. With the rustic setting, the Town may want to look at installing

an adventure playground. These playgrounds include rope climbs, tree houses and rock climbs.

- Walking Trail

From the survey and focus group meetings, walking was determined to be a popular activity and more walking trails are needed. A walking trail would be similar in design to the smaller lake park option in that it would be a natural surface trail and would follow the terrain. Depending on the location of the park, it could be possible to connect to other areas such as McGalliard Falls Park. It should be possible to create a 1-to 2-mile trail. The costs of a walking trail would depend on terrain and the number of bridges required.

- Canoe/Kayak Access

There is only one public access area on the south shore of Lake Rhodhiss and none are located near the Town of Valdese. As with the 15-acre park option, a canoe/kayak access should be built on any park the Town may construct on the Lake. Canoe/kayak put-ins and take-outs are fairly inexpensive to build and usually consist of large timbered steps to the water. There are numerous existing examples that the Town could use such as those along the Morganton greenway.

- Disc Golf

Disc Golf is one of the fastest growing recreational activities in our region. There are three courses in Burke County and Valdese does not have a course. Disc golf courses are fairly inexpensive to develop and can be constructed in areas of parks where no other types of facilities can be developed. If a disc golf course is created at one of the existing parks or at a future downtown park, the Town should evaluate where another course is needed for a park on Lake Rhodhiss.

- Mountain Biking

Mountain Biking is a recreational activity that is growing in popularity. During the focus group meetings, much support was expressed for a mountain biking area in the Town. Mountain biking enthusiasts travel great distances to ride trails. This sport could be an activity that would attract people that live outside of Valdese to the Town, thus helping boost the local economy. In the region, the City of Newton recently completed a mountain bike course at its new Jacobs Fork Park. The City of Lenoir is planning a mountain bike course in the City. Other areas where people go to mountain bike are Pisgah National Forest, Tsali Recreation Area and the new Rocky Knob Park in Watauga County. According to the State Trails



**Mountain Biking
Jacob Fork Park**

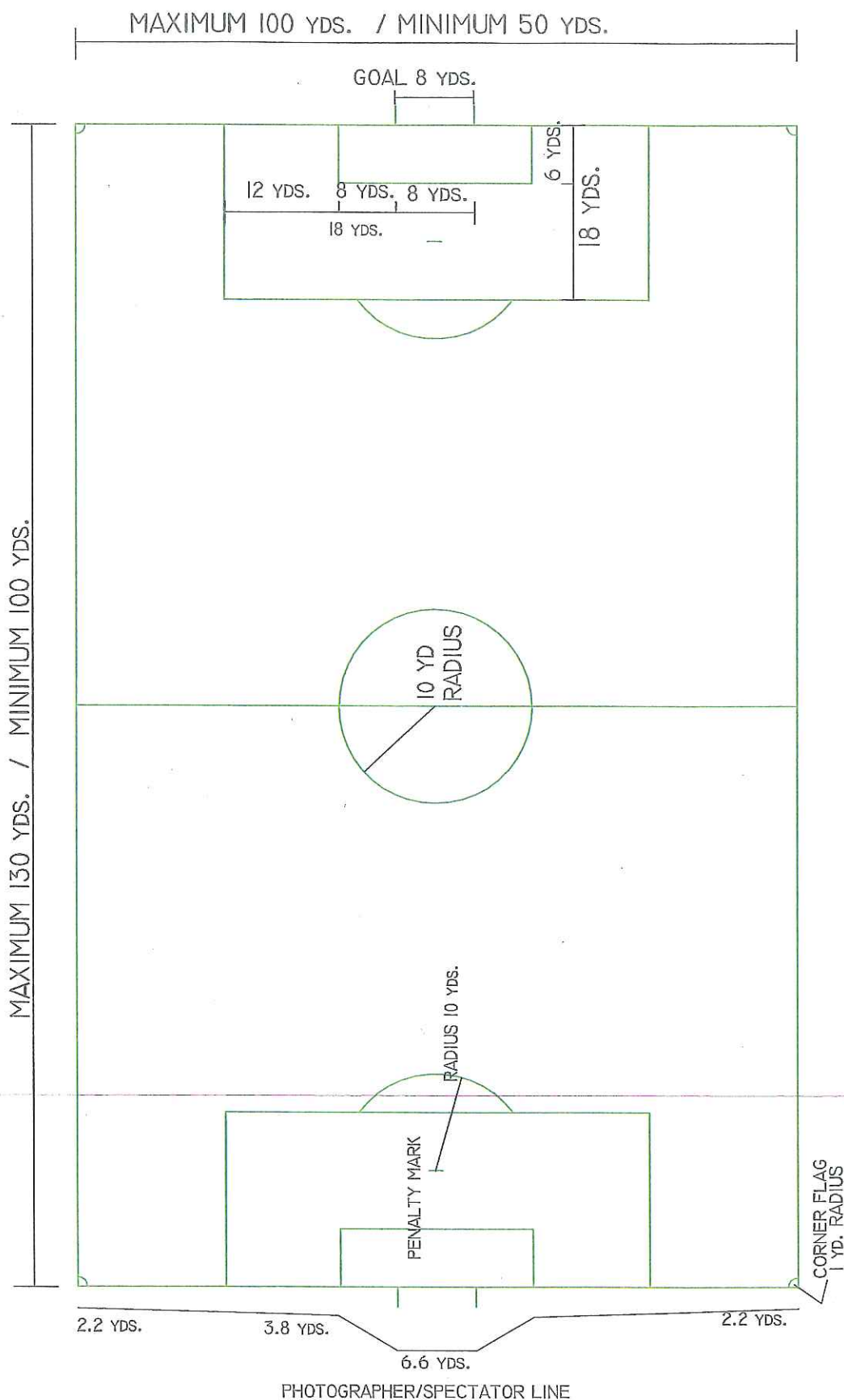
Program, it takes 25 acres to develop one mile of mountain biking trail. Thus, for a park to include a 1-mile mountain biking trail would require at least 25 acres dedicated to the activity. None of the existing parks in Valdese have adequate space for such a park. With the varied terrain, the Lake Rhodhiss area would be an excellent location to develop a mountain bike trail. Walking and mountain bike trails should be separate since the two activities would conflict with a shared trail. The mountain bike trail would require maintenance, and the Town may be able to get assistance from local bicycling organizations.

Dedicated Soccer Fields

Currently, there is not a dedicated soccer field in the Town of Valdese. For soccer games, the Town has to use ballfields that are not designed for soccer. There appears to be a great deal of interest in soccer as expressed by the survey and the focus group meetings. The present standard outdoor soccer dimensions are a minimum of 100 yards long by a minimum of 50 yards wide. These dimensions are shown Exhibit 6 on the next page. It would take one acre to develop a soccer field. To adequately develop two soccer fields with parking would require approximately two acres for soccer fields and one acre for parking. Soccer fields must be level. Currently, the Town of Valdese does not have any areas at existing parks that could be developed into soccer fields. If interest in soccer continues, the Town in the long-term should purchase property for a dedicated two-field park with parking which would require three acres.

Exhibit 6, Soccer Field Dimensions

Recreation Resources Service - NC State University



OUTDOOR SOCCER

<http://cmr.ncsu.edu/frs>

Section VII Cost Estimate

Section Overview

The facility improvements planned for the Town are divided into three phases over the next fifteen years. This section provides a cost estimate for each phase as well as the total cost to renovate and develop the parks.

Background

Cost Estimate

VII. Cost Estimate

Background

The renovation of existing parks and creation of new parks will involve significant funding over the next 15 years. Most of the funding will involve renovation of existing facilities at the Valdese Recreation Center. In some cases, projects are already budgeted and they are ongoing. Currently, a study is being conducted to determine the feasibility of constructing another floor on top of the existing bowling alley roof. If the results come back favorable, the Town can then get an estimate on constructing the additional space. For a future park downtown and on the lake several options are available. Since it cannot be determined at this time which option will be chosen, these conceptual costs are shown separate from the cost estimate. With limited resources, the Town felt that it would be best to phase improvements and future facilities over the next 15 years.

Cost Estimate

Short Term (Years 0-5)	Cost
1) Tiger Gym	
New Flat Roof	\$ 8,000
New Flat Roof (2)	\$ 24,000
Refurbish Restrooms	\$ 25,000
Create Indoor Volleyball Court	\$ 3,000
2) Football Field	
Resurface Walking Track	On going
3) Children's Park	
New Roof Picnic Shelter	\$ 5,000
Level Playground	\$ 7,500
4) McGalliard Falls Park	
Additional Picnic Shelter	\$ 30,000
Relocate Restrooms	\$ 75,000
New Roof Concession Stand	\$ 4,000
Replace Picnic Tables 15@\$600	\$ 9,000
Construct Walking Trail to Lake Rhodhiss (6,300 LF x \$3.25) + 90' Pedestrian Bridge @ \$315 LF)	\$ 49,000

Purchase Playground Equipment	\$ 40,000
5) Valdese Recreation Center	
Replace Swimming Pool (Permanent Structure)	\$1,700,000
Resurface Swimming Pool	\$ 75,000
Replace Gymnasium Floor	\$ 65,000
**Feasibility Study to Expand Building Out Over Existing Roof	Ongoing
TOTAL COST SHORT TERM PHASE	\$2,119,500

Intermediate (Years 6-10)

1) Tiger Gym	
Install Air Conditioning	\$ 15,000
2) Football Field	
Lighting	\$ 250,000
3) Childrens Park	
Resurface Outfield	\$ 5,000
Develop Outdoor Education Area Near Creek	\$ 2,000
4) McGalliard Falls Park	
Replace Picnic Tables 15 @ \$600	\$ 9,000
Resurface Parking Lot At Fletcher Ball Fields	\$ 40,000
Resurface Ball Fields	\$ 5,000
Relocate Tennis Courts	On Going
5) Valdese Recreation Center	
Replace Roof Over Gymnasium	\$ 50,000
Renovate Locker Rooms	\$ 100,000
Remodel Office	\$ 20,000
Install Air Conditioning	\$ 15,000
TOTAL COST INTERMEDIATE PHASE	\$ 511,000

Long Term (Years 11-15)

1) Tiger Gymnasium	
Renovate Downstairs	\$ 15,000

2)	McGalliard Falls Park Restore Old Grist Mill	\$ 75,000
3)	Valdese Recreation Center Update Bowling Alley	\$ 50,000
4)	Dedicated Soccer Fields (2 fields and parking)	\$ 70,000
	TOTAL COST LONG TERM PHASE	\$ 210,000
	TOTAL COST VALDESE RECREATION PLAN	\$2,840,500

Future Park Options

Downtown Park

•	2 Acre Park		
	Acquire 2 acres (@\$10,000 per acre)	\$ 20,000	
	Kids Splash Pak	\$ 45,000	
	Picnic Shelter/Restrooms	\$ 95,000	
	Playground Equipment	\$ 40,000	
	Parking (20 spaces paved)	\$ 20,000	
	TOTAL COST		\$ 220,000
•	9 Acre Park		
	Acquire 9 acres (@\$10,000 per acre)	\$ 90,000	
	Picnic Shelter/Restrooms	\$ 95,000	
	Playground Equipment	\$ 40,000	
	Walking Trail (2,640 ft @5.00 a foot)	\$ 13,200	
	Disc Golf (18 hole course)	\$ 36,000	
	Parking (20 spaces paved)	\$ 20,000	
	TOTAL COST		\$ 294,200

Lake Rhodhiss Park

•	15 Acre Park	
	Acquire 15 acres (@ \$10,000 per acre)	\$150,000
	Picnic Shelter/Restrooms	\$ 95,000
	Adventure Playground	\$ 85,000
	Walking Trail ((5280 ft @\$5.00 a foot)	\$ 26,400
	Disc Golf (18 hole course)	\$ 36,000
	Canoe/Kayak Access	\$ 10,000

Parking (25 spaces paved)	\$ 25,000	
TOTAL COST		\$427,400
• 40 Acre Park		
Acquire 40 acres (@ \$10,000 per acre)	\$400,000	
Picnic Shelter/Restrooms	\$ 95,000	
Adventure Playground	\$ 85,000	
Walking Trail (10,560 ft @\$5.00 a foot)	\$ 52,800	
Disc Golf (18 hole course)	\$ 36,000	
Canoe/Kayak Access	\$ 10,000	
Mountain Biking (5,280 ft @\$5.00 a foot)	\$ 26,400	
TOTAL COST		\$705,200

** A feasibility study is being conducted by an engineering firm to determine whether the existing roof over the bowling alley can support an additional floor for the additional space needed for the fitness program. If the results of the study show that the roof can support the additional floor, the Parks and Recreation Department should consult with a building contractor to determine the construction cost.

Section VIII Recommendations

Section Overview

This section provides a strategy for the Town to implement the plan. Recommendations are grouped into three phases over the next fifteen years. The recommendations are as follows:

Short Term Recommendations (Years 1-5)	Recommendations 1-16
Intermediate Recommendations (Years 6-10)	Recommendations 17-28
Long Term Recommendations (Years 11-15)	Recommendations 29-31

VIII. Recommendations

The recommendations in the plan are summarized in this section. They have been assigned target dates for implementation and grouped according to target dates. The recommendations are grouped into the following phases: Short Term (Years 1-5), Intermediate (Years 6-10), and Long Term (Years 11-15)

The Town of Valdese should use this summary as a guide and planning tool to prioritize the recommendations, set annual goals, prepare budgets, and set specific dates. The recommendation summary can also be used as a check off list for accomplishing the recommendations.

Short Term Recommendations (Years 1-5)

Tiger Gym

1. New Flat Roof
2. New Flat Roof #2
3. Refurbish Restrooms
4. Create Indoor Volleyball Court

Football Field

5. Resurface Walking Track

Childrens Park

6. New Roof Picnic Shelter
7. Level Playground

McGalliard Falls Park

8. Additional Picnic Shelter and Relocate Restrooms
9. Replace 15 Picnic Tables
10. Purchase Playground Equipment
11. Replace Roof On Concession Building
12. Construct Walking Trail to Lake Rhodhiss

Valdese Recreation Center

13. Resurface Swimming Pool
14. Replace Gymnasium Floor
15. Replace Swimming Pool With Permanent Structure
16. Expand Building Out Over Existing Roof Of Bowling Alley

Intermediate Recommendation (Years 6-10)

Tiger Gym

17. Install Air Conditioning

Football Field

18. Install Lighting

Childrens Park

19. Resurface Outfield
20. Develop Outdoor Education Area Near Creek

McGalliard Falls Park

21. Replace 15 Remaining Picnic Tables
22. Resurface Parking Lot At Fletcher Ball Fields
23. Resurface Ball Fields
24. Relocate Tennis Courts

Valdese Recreation Center

25. Replace Roof Over Gymnasium
26. Renovate Locker Rooms
27. Remodel Office
28. Install Air Conditioning

Long Term Recommendations (Year 11-15)

Tiger Gym

29. Renovate Downstairs

McGalliard Falls Park

30. Restore Old Grist Mill

Valdese Recreation Center

31. Update Bowling Alley

Dedicated Soccer Fields

32. Construct 2 dedicated soccer fields

Downtown Park

33. There are two options. Construct either a 2 acre or 9 acre park

Lake Rhodhiss Park

34 There are two options. Construct either a 15 acre or 40 acre park)

Section IX Appendix

This section contains a listing of various funding sources that are available to the Town of Valdese. There are several options that are available for assistance through foundations, and state and federal governments.

Funding and Resource Guide

Parks, Open Space, Land Preservation

NC Department of Environmental and Natural Resources

Extensive list of funding and tax credit resources

NC Department of Commerce

Invaluable economic statistics and funding opportunities in areas such as Heritage Tourism, Economic Impact/Tourism Research and Community Development

North Carolina Rural Economic Development Center

The center is dedicated to the development of innovative strategies to improve the lives of rural North Carolinians, with a special focus on economic opportunities for citizens with low to moderate incomes.

Parks and Recreation Trust Fund

The fund provides dollar-for-dollar matching grants to local governments for park and recreation purposes. Funding is available for acquisition, development or renovation.

NC Dept of Transportation Enhancements Fund (TEA21)

There are twelve funding categories including acquisition, landscaping, bicycle and pedestrian facilities.

North Carolina Trails Program

- Adopt-A-Trail Grant awards funds annually to government agencies, non-profit organizations, and private trail groups for such projects as trail building, trail signage and facilities, trail maintenance, and trail information brochures and maps.
- Recreation Trails Program (RTP) trail grant program funded by Congress with money from the federal gas taxes paid on fuel used by off-highway vehicles. Its intent is to meet the trail and trail-related recreational needs identified by the Statewide Comprehensive Outdoor Recreation Plan (SCORP). The grant applicants must be able to contribute 20% of the project cost with cash or in-kind contributions.

Urban & Community Forestry Grant Program

This is a federally funded program, which awards matching funds to encourage citizen involvement in creating and sustaining urban and community forestry programs. Municipalities, counties, regional agencies, interest groups, educational facilities and private organizations are eligible to apply for funding for projects that enhance and promote the urban forest.

The North Carolina Natural Heritage Trust Fund

This fund provides assistance to purchase land that has significant aquatic or plant communities. These properties can be used for passive parks.

Resource Conservation & Development

Provides leadership in a partnership effort to help people conserve, improve, and sustain our natural resources and environment. There are nine regional offices serving North Carolina counties.

The Trust for Public Land

TPL helps conserve land for recreation and spiritual nourishment and to improve the health and quality of life of American communities.

Other Resources**Eat Smart, Move More NC Funding Opportunities**

Sponsored by the Division of Health and Human Services, and Department of Public Health.

Blue Cross Blue Shield Foundation of North Carolina

The foundation supports programs that increase access to health services for the uninsured, provides health education, promotes healthy lifestyles and supports health initiatives that target children, older adults and minorities

Z. Smith Reynolds Foundation

The foundation makes grants in North Carolina for non-profit, tax-exempt charitable organizations and institutions.

Shade Structure Grant Program

Grant opportunity for common areas without shade trees.