

PPACG ARPA NOTICE OF FUNDING AVAILABILITY

APPLICANT PROFILE

1. Name of Organization: Palmer Lake Restoration Project, Inc., a Colorado nonprofit corporation, also known as Awake The Lake
2. Address: P. O. BOX 702, PALMER LAKE, CO 80133-1552
3. Phone Number: Board of Directors Chair: Jeff Hulsmann 719-488-3134
4. EIN: 84-1360279
5. SAM.GOV Unique Entity ID: Pending (application submitted on 5/3/23)
6. Grant Manager Contact: Jeff Hulsmann, ATL Board Chair 719-488-3134, and Jane Fredman, Volunteer grant writer 719-660-4416
7. Grant Manager Email: Jeff Hulsmann: punchyco@gmail.com
Jane Fredman : jane@fredmanlawco.com

RFP QUESTIONS

8. **What project are you considering using ARPA funds for that will provide for infrastructure and capital growth to expand senior services in your service area?**

Awake the Lake (ATL) seeks \$266,000 in ARPA funding for the Palmer Lake Pickleball Project, which will be new park infrastructure consisting of six pickleball courts and a restroom facility (with running water and toilets) to be built within a 1½ acre site owned by the Town of Palmer Lake within the park next to the lake. The Town will own and maintain the new facilities. The restrooms will be adjacent to the pickleball courts but available to all park users. The courts will be highly visible from the Town's main street and will be built next to a handicap accessible parking area and a pedestrian bridge providing access to all areas of the park.

The project will provide age friendly recreational and social opportunities for residents of all ages in local towns and semi-rural areas of Northern El Paso County. It will add significant new recreational resources as well as expand existing infrastructure, and it will provide broadly-appealing outdoor opportunities for the area's large and aging population, as well as for families and youth.

In addition to supplying a reliable year-round recreational outlet for seniors, the new permanent recreational facilities will be a valuable capital asset that will attract new visitors of all ages to Palmer Lake, who will be introduced to the natural beauty of the area, to the recreational amenities available in the park and in adjacent public lands, and to the shops and restaurants in the town of Palmer Lake.

Pickleball is one of the fastest growing sports in the United States. It is extremely accessible as a physical sport for older adults because it is an easy game to learn and play. Playing pickleball improves eye-hand coordination and is an aerobic activity. It is played on a small court that accommodates physical limitations and restricted movements that can arise with age. The paddle and ball are light and easy on joints, muscles and tendons. The game is most often played with partners (four players per court), which increases the fun and social aspect of the sport.

The current predominant pickleball-playing age group is older adults (60+). It is a rapidly growing intergenerational sport for competitive as well as social players. Because of its easily learned physical accessibility, sociability, and just-plain-fun nature, pickleball is an attractive and engaging new sport for all, and offers wonderful new opportunities for older adults with respect to movement, mobility and balance.

There are many enthusiastic older adult pickleball players in Northern El Paso County. The Tri-Lakes area has no public, dedicated outdoor pickleball courts, which means older adult players must travel to Colorado Springs to play outdoors. The only current option for public outdoor play is on four tennis courts (two at Lewis Palmer High School, and two run-down courts at Glen Park in Palmer Lake) where the courts are lined for both pickleball and tennis. Playing pickleball on a regulation tennis court is difficult because there is a height difference between pickleball and tennis nets and the striping for both sports on a court can be confusing for players.

There is an urgent need for new restroom facilities at the park. Presently, the park has one chemical toilet on the east side of the lake, across the railroad tracks and about a 1/3 mile walk (one-way) from the proposed courts. This toilet is available to all current park users (anglers, disc golfers, runners, hikers, cyclists, boaters, playground users) and is open for seasonal use only. The handicap accessible restroom facility next to the courts will have 4 stalls and a sink for women, and 2 stalls, 2 urinals and a sink for men.

The project goal is to provide opportunities for local and regional pickleball tournaments, lessons, and area-wide demonstrations and exhibitions for our area's large and growing senior population. Once the facility is constructed, ATL plans to work with Jackson Creek, Bethesda, Stone Creek at Flying Horse and Liberty Heights senior residences to develop regular opportunities for their residents to view and socialize at pickleball events, nearly year-round.

- 9. Expecting that PPAAA will receive more requests than funding available, what could your organization fulfill if funded at a partial amount? For example, if your organization was awarded 75% or 50% of your request, which parts of your project could your organization fulfill?**

Project funding at 75% would negate the restrooms. At 50% funding, ATL would need to fundraise to make up the shortfall to complete the six courts and would

construct the restrooms in a later phase. ATL's goal is to construct the six courts at one time to save on costs and to ensure there are enough courts available to accommodate lessons, tournaments and play time for the large population of players of all ages that will regularly use the courts.

10. What other funding sources, if any, does your organization have for this project?

In addition to the \$60,000 cash match ATL will provide for the project, the Town of Palmer Lake is allocating an approximate 1 ½ acre parcel of park land for the courts and restroom facility, which eliminates the need to purchase land for the project. The project budget includes in-kind donations for project management (Tim Caves, general contractor and Nicole Currier, project administrator) (\$33,200), landscaping labor (ATL volunteers) (\$5,000), structural fill dirt (Town of Palmer Lake) (\$20,000) and sewer and tap fees (Town of Palmer Lake, Palmer Lake Sanitation District) (\$46,000). The total in-kind donations, including the cash match, is \$164,200.

ATL has an excellent track record of fundraising for park facilities (e.g., its popular and age friendly “.5K Run” generates \$35,000 annually, and the “Try-athlon” generates about \$15,000 annually). ATL plans to apply for other grants to bridge any gap between the ARPA grant award and the cost of the project. Given the enthusiasm of the local community in supporting Palmer Lake park improvements, ATL believes it would be successful in raising any additional funds needed to complete the project.

11. What is the timeline for your organization's project? Funds must be spent by September 30, 2026.

The project will be constructed over an approximate 10-month period, commencing in August 2023 and completion estimated in June 2024. There will be two phases: site excavation and concrete work for the courts and restroom will be completed in August 2023. We will allow the concrete to cure over the winter. The construction of the courts and restroom facility will begin in April 2024 and is expected to be completed in June 2024.

12. How does this project align with your mission and that of the PPAAA priorities and Four Year Area Plan?

ATL's mission focuses on the lake: to restore and maintain the lake and to enhance surrounding recreation areas and resources. ATL directly and significantly contributed community-raised funds as the required “match” for a major 2018 GOCO Grant that funded construction of the highly visible pedestrian bridge over the railroad tracks that linked town residents with existing recreational facilities on

the east side of the lake. ATL exists to help the Town provide residents and visitors of all ages with outdoor recreational opportunities and amenities in and around Palmer Lake. Our project is an integral component of ATL's continuing leadership efforts to enhance area recreational facilities and opportunities for all ages, including our area's large older adult population.

Our project supports federal and state funded older adult programs managed by PPACG and aligns with PPAAG priorities, the Strategic Plan, and the Four Year Area Plan.

- The project expands and extends senior awareness of a major new recreational facility and opportunities for participation, physically and socially, reducing older adults' social isolation. (*Strategic Plan*)
- The project supports regional efforts to improve older adults' participation in health and fitness related activities through evidence based health promotion programs. (*Four Year Area Plan*)
- The project will give older adults the ability to maintain social ties, have a healthy quality of life and engage in an active aging lifestyle. (*Four Year Area Plan; CASOA*)

The project will provide opportunities for older adults to engage socially with others of all ages in a fun, active, and easily learned sport, which reduces the social isolation that many adults face as they age. Playing (and learning to play) pickleball increases older adults' physical and mental/cognitive health, which may be in decline due to age and a lack of physical and mental stimulation. It will provide seniors who are themselves physically unable to play the ability to participate socially by watching pickleball games while sitting courtside in the beautiful outdoors.

The project will keep our active aging community motivated to remain physically active and socially engaged. A scientific study published in 2021¹ involving inactive rural older adults found playing pickleball produced functional and cognitive-related improvements and motivated the participants to adhere to an exercise regime frequently enough to benefit their health. Another study showed seniors who played pickleball three or more times per week met federal recommended guidelines for moderate to vigorous intensity physical activity (MVPA) per week.²

¹ Pickleball for Inactive Mid-Life and Older Adults in Rural Utah: A Feasibility Study, *Int J Environ Res Public Health*. 2021 Aug; 18(16): 8374.

² Physical Activity Associated with Older Adult Pickleball Participation: A Pilot Study, *The Recreational Sports Journal*, Volume 47, Issue 1, published online 2-9-23 (Playing pickleball helps older adults meet the Centers for Disease Control and Prevention (CDC)/U.S. Department of Health and Human Services (USHHS) recommended guidelines for MVPA if played three or more times per week.)

13. If your organization is considering multiple projects, please prioritize those with the funding requested for each.

ATL is only seeking PPAAA funding for this project.

PROJECT COST

14. What is the total project cost? \$430,200

15. What is the total ARPA funding request? \$266,000

16. What is your source of match? (10%)

ATL will provide a match of \$164,200, which is an approximate 62% match for the ARPA funding request of \$266,000. ATL's match is made up of the following amounts: \$60,000 (cash), \$33,200 (project management), \$20,000 (structural fill), \$5,000 (landscaping labor), and \$46,000 (sewer and water tap fees).

17. How will your agency address a potential project cost-overrun?

An experienced project director will oversee the construction elements. ATL's experienced and innovative fundraising team provides assurance that any unexpected costs (e.g., due to material increases or logistic/transportation delays) can be remedied through separate fundraising efforts.

Please submit any quotes for your project and a detailed budget file to
mhanna@ppacg.org