

2018 NACo Achievement Awards

Sept. 5, 2018 BOCC Meeting

1. **Park & Rec: Adaptive CrossFit & Yoga:** The Adaptive CrossFit and Yoga program was created to give teens and young adults with disabilities the opportunity to participate in fitness activities with their peers while increasing their gross motor skills, balance, and social skills in a fun, functional environment. By partnering with CrossFit Steele Creek, a national CrossFit affiliate, the participants are able to increase their fitness in a meaningful, measurable way through gymnastics, weightlifting, running, yoga and rowing.
2. **Park & Rec: BAARN: Bringing Accessible Agriculture Recreationally Now:** BAARN is an agriculture entrepreneurship created to introduce teens to the field of agriculture, specifically, market vegetable production. Serving as a collaboration between Park and Rec, Public Health and Cooperative Extension, the program was created to address the rate of obesity among Mecklenburg County residents and the number of residents living in food deserts. BAARN gives teens the knowledge and skill to grow and harvest vegetables which is an integral part of increasing access to food and thus, healthier eating.
3. **Park & Rec: Bike Riders:** Bike Riders is a program offered by Park and Rec's Therapeutic Recreation and Inclusive Services Section for people with disabilities. This program provides a 1:1 experience, allowing participants to focus on skill development, including balancing a bike, pushing off, gliding and pedaling.
4. **Park & Rec: Connecting Communities to Nature (CC2N):** Connecting Communities to Nature (CC2N) is a Park and Rec initiative which infuses nature into traditional recreation programming. The initiative, which includes hands-on activities, free courses and more, is a collaboration of many different areas, including nature centers, recreation centers, master naturalists, 4-H Cooperative Extension, horticulture, and the Office of Management and Budget. Through these partnerships, the County has developed a comprehensive program that brings nature education to each recreation center to match the skills and abilities of the staff at each site.
5. **Park & Rec: LTR/Learn to Ride Biking Initiative:** The Learn to Ride Biking Initiative is a program designed to teach participants of all ages how to effectively ride a bike, exposing those involved to varying techniques and strategies to help engage and direct them to riding safely in different environments. The initiative was created to address the request of Mecklenburg County residents to make greenways and parks more accessible to them. This effort has engaged and taught more than 2000 people how to ride bikes safely in our area.
6. **Park & Rec: Open Streets 704:** Open Streets 704 is arguably the fastest-growing, family-friendly celebration of community, connectivity, and physical activity in the area. Attracting more than 60,000 participants in four events over two years, Open Streets 704 is a day of car-free and carefree streets where people can experience their own hometown in a way that's just not possible by car. Open Streets events create a temporary, linear park by opening the roads to pedestrian, bicycle, and other "people powered" transportation, so the streets can be used for

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walking, cycling, dancing, playing, and connecting neighbors in a healthy and easily accessible way.