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## Reservoir Park is bursting at the seams with opportunity!

*By Drew Rybarczyk, Athletics Coordinator, Southern Pines Recreation and Parks*

It is not uncommon for the residents of Southern Pines and Moore County to spend an entire day at Reservoir Park. Running, walking, biking, fishing, canoeing and picnicking are just some of the leisure activities offered. Recently, two new amenities were added to this great park – an 18-hole disc golf course and five outdoor fitness stations, placed around the lakeside greenway. These activities are bringing in more park patrons every day with the rising interest in disc golf and desire for personal health and fitness.

The disc golf course is a great story of community partnership, and an ideal blueprint for any project or program introduced into a municipality. After the Town Council approved the construction of the course, local businesses were solicited to sponsor at least one disc golf hole each. This sponsorship covered the cost of signage, baskets and other construction materials. Two Southern Pines residents assisted with the development of the course – one resident designed the course and the other allowed an easement on her property for two of the holes, so that the course layout would flow smoothly. Working with the community has also served as a means of grassroots advertising. The course has been unofficially open to the public over the past few months, as eager citizens couldn't wait until an official grand opening to play.



In late April, five outdoor fitness stations were installed along the greenway at Reservoir Park. The stations were purchased thanks to an equipment grant through the Blue Cross Blue Shield of North Carolina Foundation as part of their Healthy Active Communities focus “to increase access to the key components of healthy living through initiatives that create environments for daily physical activity and healthy eating” for all North Carolinians. Southern Pines Recreation and Parks took advantage of its open spaces and parks system to focus on increasing opportunities for physical activity. Today, runners and walkers of all ages have a convenient option to supplement their cardiovascular exercise with basic resistance training stations.

For more information on this exciting project, contact the Southern Pines Recreation and Parks office at 910-692-2463, or visit our website at [www.southernpines.net/recreation](http://www.southernpines.net/recreation).



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Please submit time-sensitive information by the 15<sup>th</sup> of each month to: [ncrpa@bellsouth.net](mailto:ncrpa@bellsouth.net)