



June 29, 2012

Todd Leon
CADA
1522 14th Street
Sacramento, CA 95814

VIA EMAIL

RE: Capitol Lofts

Dear Mr. Leon:

WALKSacramento has reviewed the building plans for Capitol Lofts dated 2/16/12. We appreciate the opportunity to provide the following comments.

The stairwells are placed in good locations

Daily physical activity is important for attaining and maintaining physical and mental fitness. Using stairs instead of elevators can provide light to moderate physical activity as part of daily life. Factors associated with stair use include the distance from the stairs to elevators and to the nearest entrance, and the number of turns from the stairs to the closest entrance¹.

It is impressive to see three stairwells on the building plans providing access to every level, including the basement. The stairwells are well dispersed over each level, and each of the two elevators has a stairwell near it. It will be just as easy to find the stairs as the elevator. With better opportunities to take the stairs, people are more likely to choose stairs over elevator.

The R Street entry court on level one provides a near-direct path of travel to the north stairwell entrance. The stairwell doorway is slightly off to the side of the entry court, but it will be more convenient than the elevator, which is in the adjacent residential lobby that will require two turns and passage thru a doorway.

The entrances to the east stairwell on floors 2, 3, and 5 are in the direct path of travel with a turn required to access the elevator. (Floors 4 and 6 do not have hallways on the east side of the building so stairwell access isn't required.) This arrangement should contribute to greater stair use.

Provide large windows on all stairwells

The building plans show windows on every level for the stairwell on the south side of the building. Illustration 3 (NE – option without faces) shows four windows where the east

¹ Ishak A. Mansi, MD, FACP, Nardine Mansi, AIA, Hayam Shaker, MD, and Daniel Banks, MD, MS, FACP, "Stair Design in the United States and Obesity: The Need for a Change", *Southern Medical Journal* 102 no. 6 (June 2009): 610-614.

stairwell is located, and illustration 8 (View – SW) shows five windows, but they all are small and may not provide much daylighting. The building plans do not show windows for the north stairwell, and we do not have an illustration that shows the wall where the north stairwell is located.

We recommend that all three stairwells have large windows on every level. The daylight and view provided by windows make an enclosed space such as stairwells a more pleasant place to be and will encourage greater use of the stairs.

WALKSacramento is working to support increased physical activity such as walking and bicycling in local neighborhoods as well as helping to create community environments that support walking and bicycling. The benefits include improved physical fitness, less motor vehicle traffic congestion, better air quality, and a stronger sense of cohesion and safety in local neighborhoods.

Thank you for your consideration of these comments and recommendations. If you have questions or need additional information, please contact me at (916) 446-9255 or cholm@walksacramento.org.

Sincerely,

Chris Holm
Project Analyst