



9/25/2018

VIA EMAIL

Matthew Sites, Associate AIA  
City of Sacramento Community Development Department  
300 Richards Blvd., 3<sup>rd</sup> Floor  
Sacramento, CA 95811

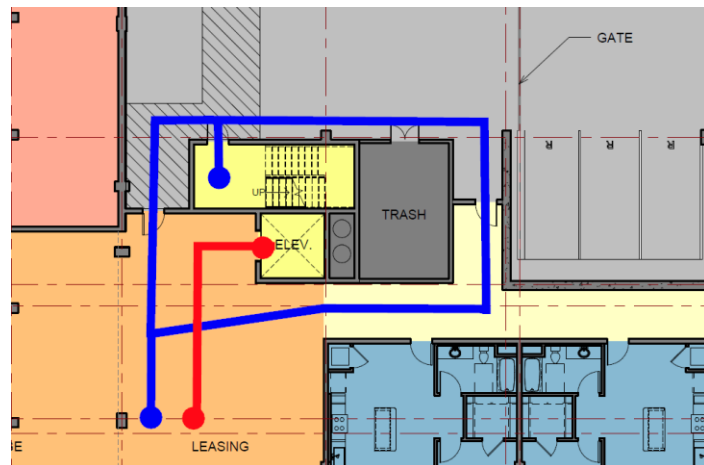
**RE: 601 Capitol Mall Mixed-Use (P18-054)**

Dear Mr. Sites:

Development projects that lead to more walking and active travel are critical to our community's future. Human beings need moderate exercise, such as walking, for about 30 minutes a day in order to prevent the development of chronic disease and overweight. In the Sacramento region, about 30% of the population achieves the United States Surgeon General's recommendation for moderate exercise to prevent chronic disease and overweight. WALKSacramento provides the following recommendations for revisions to the building floor plans with the goal of increased physical activity for building occupants and improved safety for pedestrians.

Using stairs can be an important contribution to daily physical activity. Exercise equivalent to stair climbing for 8-12 minutes per day is associated with a 10%-20% reduction in all-cause mortality.<sup>1</sup> The spatial relationship between stairwells and elevators can effect stair usage. 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 entrance.<sup>2</sup>

The two elevators on the ground floor in the 601 Capitol Mall Mixed-Use project are prominently located while the stairwells are hidden from view and away from interior destinations other than the garage. The south elevator doors open into the Leasing/Lobby/Lounge area, while the south stairwell opens into the garage, and several turns and a reversal in direction are needed to get to the Leasing/Lobby/Lounge area.

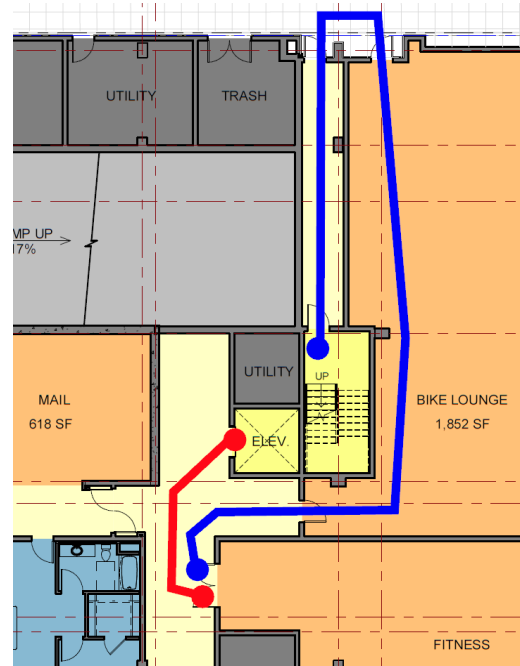


<sup>1</sup> Meyer P, Kayser B, Mach F. 2009 "Stair use for cardiovascular disease prevention." *Eur J Cardiovasc Prev Rehabil*, 16: S17-18.

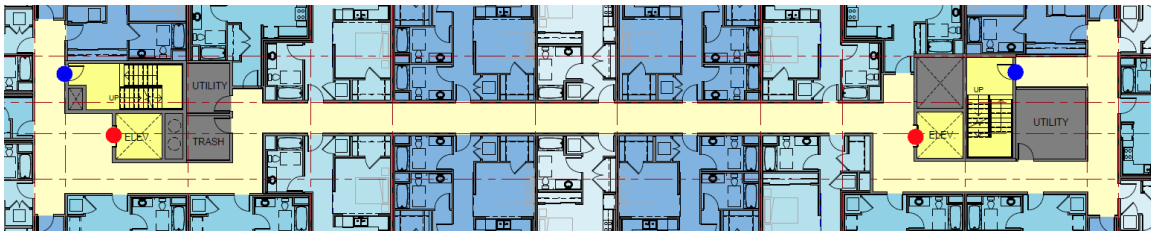
<sup>2</sup> Ishak A. Mansi, MD, FACP, Nardine Mansi, AIA, Hayam Shaker, MD, and Daniel Banks, MD, MS, FACP. 2009. "Stair Design in the United States and Obesity: The Need for a Change." *Southern Medical Journal* 102(6) (June): 610-614.

The north elevator doors open into the hallway less than 20' from the Bike Lounge and the Fitness room, but one would have to walk about 40' down a hallway to an exit door and re-enter the building to get into the Bike Lounge, and then continue another 100' to the Fitness room.

The inconvenience of using the stairs from or to the ground level of the building will motivate people to instead use the elevator.



Above the ground floor, the south stairwell on levels 3-8 and the north stairwell on levels 2-8 are down the hallway and around the corner from the elevators. Whether the desired destination is the lobby/lounge, corresponding to the left side of the illustration below, or the Bike Lounge, corresponding to the right side, most residents will approach an elevator before they see a stairwell door. The lesser prominence and visibility of the stairwell may result in the stairwell being used infrequently.



Since there's no formal bicycle travel way between the bike room and the street, bicyclists may be motivated to ride on the 6<sup>th</sup> Street sidewalk from the driveway or the street corners to the bike lounge entry door. Sidewalk riding should be minimized for pedestrian safety, though.

The bike lounge would be better located in the garage near the driveway to provide an entry and exit route on which bicyclists would not need to dismount. The driveway would also provide a ramped transition through the street curb, obviating use of the curb ramps at the corner of L and 6<sup>th</sup> Streets.

**Recommendations:**

- **Move the ground-level door for the south stairwell so it opens into the Leasing area space.**
- **Add a door to the ground-level north stairwell that opens into the hallway serving the Bike Lounge and the Fitness room.**
- **Locate the north stairwell doors on levels 2-8 in the main north-south hallway or as close as possible to the elevator.**
- **Locate the south stairwell doors on levels 3-8 in the main north-south hallway or as close as possible to the elevator.**
- **Move the Bike Lounge close to the garage driveway.**

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.

Sincerely,

Chris Holm