

Member, Board of Supervisors  
District 4



City and County of San Francisco

**KATY TANG**  
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**\*\* PRESS RELEASE \*\***

**SUPERVISOR KATY TANG ANNOUNCES UNVEILING OF THE SUNSET  
FITNESS ZONE WITH THREE-TIME U.S. OLYMPIAN SHANNON ROWBURY**

*The Sunset Fitness Zone, an exercise parcours along Sunset Boulevard, designed to encourage residents to engage in regular physical activity*

Today, Supervisor Katy Tang unveiled the Sunset Fitness Zone built along Sunset Boulevard. She was joined by three-time U.S. Olympian and San Francisco native Shannon Rowbury, the San Francisco Parks Alliance, San Francisco Public Works and runners from local schools. The new Sunset Fitness Zone, which includes a series of nine outdoor exercise stations between Taraval and Noriega Streets, was designed to encourage residents to engage in regular physical activity.

“Our goal is to get residents inspired to enjoy the outdoors and take advantage of the natural beauty that San Francisco has to offer while exercising,” said Supervisor Tang. “Regular physical activity is so important to our health, and our office wanted to provide residents with the opportunity to exercise outdoors easily within the neighborhood.”

The idea for the parcours stemmed from community input during planning discussions for the Sunset District Blueprint, and Supervisor Tang’s Office worked with SF Public Works to implement the project. Many of the exercise stations are accessible to those who have mobility impairments, and all of the equipment was built to withstand constant use and climate, requiring no scheduled maintenance or lubrication. Funding for the exercise stations came from a combination of City funding and a grant from Greenfields Outdoor Fitness, a company that seeks to energize underutilized public spaces and transform them into community fitness hubs that people of nearly all ages can enjoy together.

“The new parcours offers residents and visitors a fun way to add to their exercise routine as they walk and run along the Sunset greenway,” said Public Works Director Mohammed Nuru. “The fitness zone is a great addition to the neighborhood.”

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Supervisor Tang was also honored to have Shannon Rowbury, a three-time Olympian who grew up in the Sunset District and often ran along Sunset Boulevard, attend the unveiling of the parcourse.

“Running enthusiasts and community members alike will be able to add different exercises to their fitness routines,” said Supervisor Tang. “Whether you are going for a run or waiting for the bus, the Sunset Fitness Zone will provide our residents with diverse fitness opportunities in a public space.”

For more information about Greenfields Outdoor Fitness, visit <http://www.gfoutdoorfitness.com/>

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