

Dear persons:

I am writing in regard to the March 24 revised "Shelter in Place" orders. I am a 67 YO male with age related degenerative disc disease, but who is in otherwise good health at the present. I have been advised by my doctor and my physical therapist that walking on level ground is the best exercise for me, in conjunction with various stretching and core exercises. I live on 30 acres near the coast in Southern Mendocino County. My property averages at least 15% grade; the only level portion of the property is the terrace in the middle of the property where my house is located.

The revised emergency orders state that I cannot walk for exercise unless "*initiated from one's residence, which does not involve the use of a motor vehicle or public transit to the location of exercise*". There are no accesible coastal headlands or otherwise level ground within walking distance of my property. Moreover, even if there were, walking from the base of my property on Highway 1 would require me to walk on the highway where there is no shoulder. In short the order is completely unworkable for me, and I'm sure many other Mendocino residents in a similar situation.

I understand the gravity of the situation, however I also need to exercise for my personal health. I strongly encourage you to craft a more reasonable guideline concerning exercise and driving. For example, in my particular case, the 1700 acres of Stornetta Public Lands are within a few miles of my house and use is sparse even during the most crowded of holiday weekends. These lands are among my favored walking areas and the emergency orders should allow me to drive to them. Perhaps allowing driving no more than 15 miles to a place of exercise or something similar would make more sense. Please find a solution to this problem.

Respectfully,  
Frank Spurlock