

**OFF THE FIELD:**  
*Reimagining sport, community, and landscape  
at Polo Park, Winnipeg*

by

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**ABSTRACT**

Throughout history, sports have played a fundamental role in shaping and reshaping how societies forge a lasting sense of cultural belonging. Physical culture in the development of the modern city has developed both the structure of civic consciousness and the processes of urbanization. Architecture as a vessel of collectivity has been central to the public exercise of sport in the city.

*Off the field* imagines the re-appropriation of an urban stretch of Omand's Creek, which once meandered through Polo Park in Winnipeg, Manitoba. What was formerly an area dedicated to physical activity and appreciated for its natural landscape, is now a regional shopping district covered in concrete parking lots.

The relationship between humans and nature is explored through the physical separation between each other and the outdoors. The project responds to the needs of the site by restoring the urbanized stretch to the diverse recreational landscape it once was to reconnect the body, community and the environment.

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**PREAMBLE**

I came to know my hometown of Winnipeg, Manitoba, through playing and coaching community sports. From a young age, I've experienced the benefits of sport as a universal language, a facilitator for social inclusion and for building a sense of community belonging. My interest lies in the spaces designed for these activities, our relationship with each other, and our relationship with the land.

Physical activity, which is an integral part of our lives, has disappeared from our everyday routines with the growth of urban environments. Increasing inactivity has made physical activity unnatural and at times inaccessible. Developing and maintaining active design in urban areas can not only assist with people's mental and physical health, but can also improve the impact we have on our environment.

While this architecture project examines the relationship between sport and the city, it is less about urban planning and more about community development through the architecture, landscape and a visionary rezoning of the site. The project sets out to bridge the gap between activity in the landscape and the activity of gathering, and how the design of pavilions within a recreational landscape can navigate between the two.

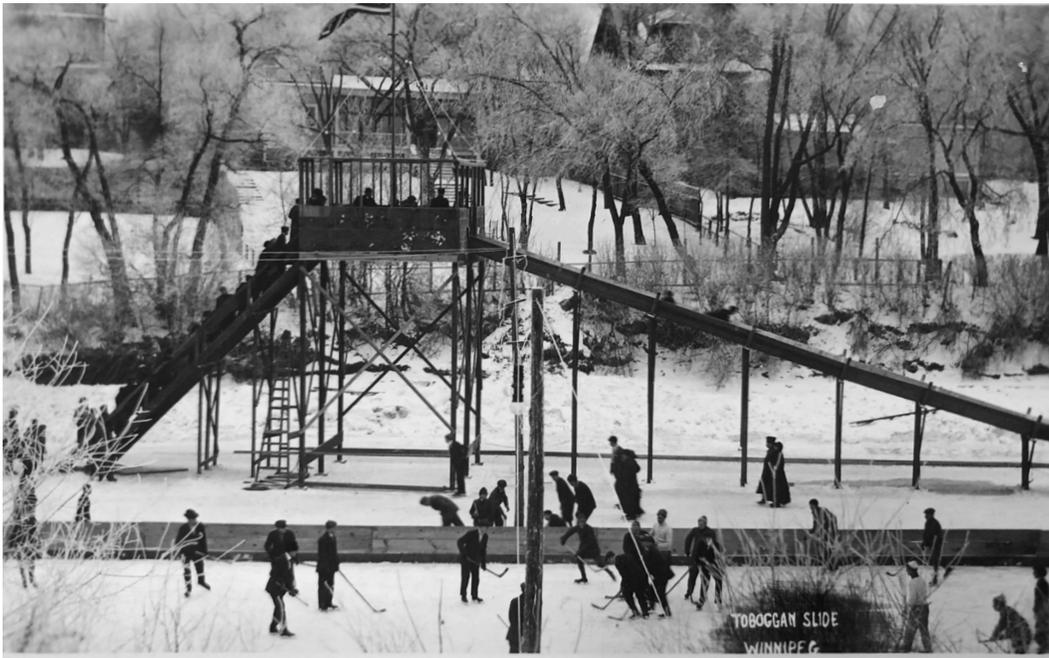


Figure 1 . *Toboggan Slide*, c. 1915, Assinaboine River, Winnipeg.  
Figure 2 . *Toboggan Slide*, c. 1915, Assinaboine River, Winnipeg.

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It is the people around you that shape who you become. I would not be where I am today without them.

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*“At its best, play is a kind of research, and like all research at the adult level, it should be an adventure and an experiment that are greatly enjoyed.”*

Lady Allen of Hurtwood, *Planning for Play* (1971)

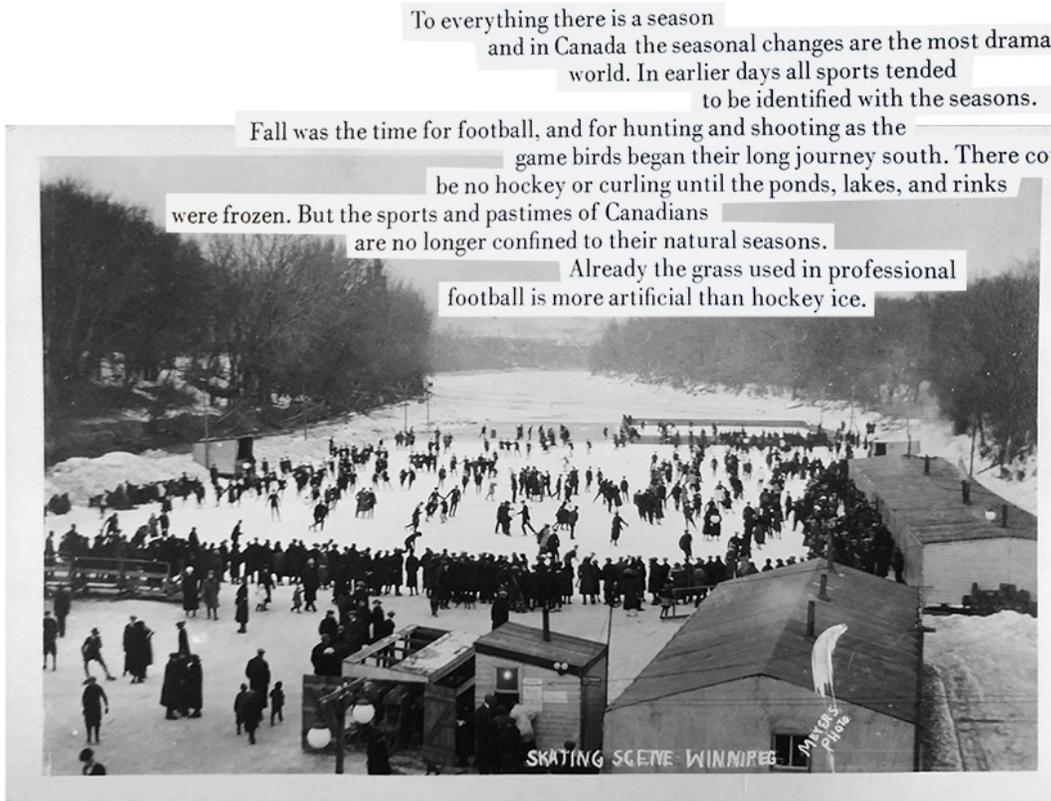


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Figure 4 . Quotation from *Images of Sport in Early Canada*, Montreal: McGill-Queen's Univ. Press, 1976.

## Introduction



Figure 5 . Doll and toy toboggan, 1920-30

Almost all organized sport, as society knows today, developed during the industrial revolution in the nineteenth century. With more time for leisure, organized sport became an outlet to transcend the everyday from the ills of city life. The word ‘sport’ (c. 1400), derives from Old French *desporter*, “to divert, amuse, please, play; to seek amusement,” literally “carry away” (the mind from serious matters), from *des-* “away” and *porter* “to carry,” from Latin *portare* “to carry”.<sup>1</sup> During these years, the industrial revolution led to the rise of large cities and sport turned from something spontaneous into something organized. People simply wanted to sit and watch others play for entertainment.<sup>2</sup>

1. “Sport (v).” Index. Accessed March 8, 2020. <https://www.etymonline.com/word/sport>.

2. Nancy J. Dunbar and Hugh MacLennan, eds., *Images of Sport in Early Canada: Images Du Sport Dans Le Canada d'autrefois* (Montreal: McGill-Queen's Univ. Press, 1976), 11.

By the 1960s major sports had become spectator sports played by professionals for huge crowds in arenas and millions more in front of television screens, not unlike the roman spectacles held in the colosseum and circus maximus.<sup>3</sup>

3. Ibid.

Along with the political, social, and cultural similarities to the spectacles in ancient times, the production and sale of emotion plays a strong role in the economical success of sport. Sporting events elicit nostalgic recollections and strong emotions – “peak experiences” (unlike theatre or art) – because of the current demonstration of physical and psychic abilities of a human being.<sup>4</sup> This creates an attachment to and excitement about where one is and what they are doing in those moments.

4. Konstantin Lidin, “Between the Show and the War: Sports as a generator of emotions and architecture of sports venues,” Project Baikal, no. 51 (March 31, 2017): 38-49  
Pages, <https://doi.org/10.7480/PROJECTBAIKAL.51.1114>, 40.

Instead of diverting the mind from serious matters, can recreational infrastructure channel these moments to investigate the relationship between the health of humans and the environment? Athletic facilities attract people of different backgrounds and create opportunities to develop skills that transfer to other domains of social life. Social infrastructure and places where all kinds of people can gather not only enhances public health, but can also reinforce the goals of environmental sustainability and universal access.

5. Exhibition wall text, *Our Happy Life: Architecture and Well-Being in the Age of Emotional Capitalism*, Canadian Centre for Architecture, Montréal, Québec, 2019.

6. Irene Cheng, ed., "Active Design Guidelines: Promoting Physical Activity and Health in Design" (Center for Active Design, 2010), <https://centerforactivedesign.org/dl/guidelines.pdf>, 110.

Volunteering and the need to preserve the environment are two aspects that appear repeatedly in happiness reports as key practices to improve mental health, as works for a collective good are able to readjust personal levels of endorphins.<sup>5</sup> Design strategies that increase physical activity and improve health—for example, measures that promote walking and cycling over driving, stair over elevator and escalator use, and active recreation over television watching—also tend to reduce energy consumption and greenhouse gas emissions.<sup>6</sup> As these examples illustrate, a diverse, active, healthy population and a sustainable planet are interlinked.

For the purpose of ecological restoration and physical recreation, this architecture project reimagines the expropriation of an urban site that was once home to a great system of physical activity. The area known as Polo Park, in Winnipeg, Manitoba, was heavily researched to unfold the narrative of the former sports hub and its connection to the landscape. Once known as the 'Heart of the Continent,' Winnipeg was home to rapid urbanization at the turn of the twentieth century.

As the city experienced accelerated transformation, civic leaders recognized the importance of recreation. Suburban parks were built to meet the rising citizen expectations for recreational lands. Polo Park, which is now a regional shopping district covered in concrete

parking lots, was once a diverse and natural landscape. The wide river lot was preserved from cultivation because of Omand's Creek, which meandered through the site and into the Assinaboine River, creating an ideal destination for outdoor activity. The creek has since been transformed into a channelised waterway flowing through the sterile urban landscape.

The project embraces the sense of nostalgia from the site's history of city and country-wide sporting venues. Although its history reflects twentieth century ideas of competition in the global context of sport and fascism, the project does not reside in these issues, but rather the post-war sense of pride and cultural belonging these venues established. Space for leisure on the outskirts of the city became a meeting place drawing Winnipeggers from all backgrounds, social classes and ages.



Figure 6 . Final Model Perspective.

Through studies and explorations of the body's relationship to the landscape, the project imagines a place to gather, recreate, relax, learn, and enjoy the seasons. The project aims to rehabilitate the relationship between humans and the environment, and perhaps aid in shaping a civic consciousness to maintain active and sustainable lifestyles. The work explores recreational infrastructure to support outdoor activity and restores elements of Winnipeg's vernacular as a starting point to the project's design.

## Chapter 1: *Themes of Research*

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## 1.1 Lungs of the City

7. Ralph C. Wilcox, ed., *Sporting Dystopias: The Making and Meaning of Urban Sport Cultures*, SUNY Series on Sport, Culture, and Social Relations (Albany: State University of New York Press, 2003), 2.

8. Irene Cheng, ed., "Active Design Guidelines: Promoting Physical Activity and Health in Design" (Center for Active Design, 2010), <https://centerforactivedesign.org/dl/guidelines.pdf>, 12.

Societies have used the design of the built environment to improve and maintain public health for centuries. As the modern city grew to improve access to production and consumption, the city experienced inevitable ills as overcrowding, crime, poor health and pollution at levels unwitnessed in rural life.<sup>7</sup> Just as aqueducts were built to transport fresh water, sewage systems designed to dispose of waste properly, and setbacks to let light and air into the street; public parks provided breathing spaces for the "working man's lungs."<sup>8</sup>

Sufficient open space outside cities became inaccessible to most of the public, and disease and discomfort prompted high population densities to provide accessible open spaces within the city. In 1933, members of the *Congr s Internationaux d' Architecture Moderne* (CIAM),

Figure 7 . Currier and Ives, *Central Park, Winter, The Skating Pond*, 1862.



9. John R. Gold, "Creating the Charter of Athens: CIAM and the Functional City, 1933-43," Liverpool University Press Vol. 69, No. 3, no. The Town Planning Review (July 1998): 225.

10. Ibid, 230.

11. Ibid, 236.

12. Le Corbusier, The Athens Charter (International Congress for Modern Architecture, New York: Grossman Publishers, 1973).

13. Wilcox, Sporting Dystopias, 3.

14. Irene Cheng, ed., "Active Design Guidelines: Promoting Physical Activity and Health in Design" (Center for Active Design, 2010), <https://centerforactivedesign.org/dl/guidelines.pdf>, 12.

a multinational body of modern architects, gathered to address town planning issues.<sup>9</sup> An exhibition and compiled analyses of cities within their own countries led to a document known as the 'Athens Charter,' which mapped out four key functions of the city: dwelling, work, leisure, and circulation.<sup>10</sup> Observations on 'leisure' pointed to the inadequate supply of green space and leisure facilities for most of the city's inhabitants; the need to protect green space by land use controls; and the possibility of using land reclamation to increase the supply of leisure space.<sup>11</sup> The social point of view, which today gives new meaning to the use of these spaces, had not yet emerged.<sup>12</sup>

Various explanations have been attributed to sporting developments with the emergence of the industrial world, but perhaps the simple fact that as people left behind the open spaces of their rural lives for the cramped confines of the city, they demanded new arenas for the pursuit of those healthful physical pastimes that had become so central in their lives.<sup>13</sup> Today, most people spend as much as ninety percent of their days indoors. Office jobs, different forms of transportation, and online entertainment contribute to a sedentary lifestyle.<sup>14</sup> Urban designers and architects can foster physical activity for the general public by designing spaces and streets that encourage walking, bicycling,

15. Ibid.

and other forms of active transportation and recreation.<sup>15</sup> These opportunities not only enhance public health and promote regular instances of physical activity, they also reduce the reliance on external forces of energy.

## 1.2 Promoting Urban Activity

Figure 8 . YMCA  
Fundraising pamphlet  
for the Tulsa, ca. 1909,  
Oklahoma.

**Give Him a Chance**



"BREAKING HOME TIES"

**If He Landed in Tulsa TODAY  
Who Would Get Him?**

**Y. M. C. A.---Not Yet Open  
Brothels Open---How Many?**

**More than 900 young men live in  
the down town district**

While environmental design strategies, in combination with societal changes contributed to building a healthy city, the rapid urban growth in North America disregarded the scale of the individual making physical activity difficult to achieve. Printed media both reflected and contributed to widespread interest in social and physical activity. As more young men left their family farms for the big city, the social aspects of club memberships formed to keep them preoccupied and away from trouble. The Young Men's Christian Association (YMCA) and the Young Women's



Figure 9 . *Y.M.C.A. Building*, 1907, Winnipeg.

16. Paula Lupkin, *Manhood Factories: YMCA Architecture and the Making of Modern Urban Culture, Architecture, Landscape, and American Culture Series* (Minneapolis: University of Minnesota Press, 2010), xvi.

17. *Ibid.*

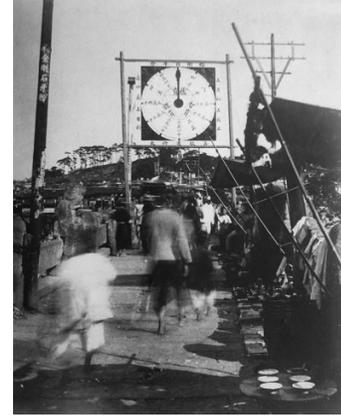
18. *Ibid.*

Christian Association (YWCA), became significant social organizations present in the urban fabric of every major city across North America and eventually worldwide.<sup>16</sup> These standardized buildings intended to mass-produce properly socialized, practically educated and morally upright young men and women for the modern age, mediating the shift from an agrarian past to a corporate urban future.<sup>17</sup> The traditional three or four-storey brick buildings with classicizing detail are so typical, but they have not gained much attention from architecture historians nor the subject of vernacular architecture.<sup>18</sup> Built in response to economic growth and depression, these buildings on main streets consisted of leisure space and facilities to establish places for social uplift and education, which played a fundamental role in reshaping the post-war society.

In Canada, participation in the First World War reminded Canadians that military drill exercises in the nineteenth century were still relevant in schools and that organized sports prepared men and boys for the defence of their

Figure 10. YMCA campaign clock at the corner of State & Madison, 1908, Chicago.

Figure 11. YMCA campaign clock, ca. 1915, Foochow, China.



20. Don Morrow and Kevin B. Wamsley, *Sport in Canada: A History*, Third edition (Don Mills, Ontario, Canada: Oxford University Press, 2013), 6.

21. *Ibid.*

22. *Ibid.*

23. Ralph C. Wilcox, ed., *Sporting Dystopias: The Making and Meaning of Urban Sport Cultures*, SUNY Series on Sport, Culture, and Social Relations (Albany: State University of New York Press, 2003).

nation.<sup>20</sup> A post-war sense of pride reaffirmed that trained bodies were indications of a nation's progress. By the turn of the century, Canada looked outward to test itself more frequently in international competition.<sup>21</sup> The Olympic Games offered the primary outlet for athletes, just as the world's fairs and expositions of the day which measured Canada's success in manufacturing, mineral excavation and agricultural production.<sup>22</sup>

Architects, engineers and designers attempting to regenerate and rejuvenate cities after World War II were aware of popular interest in competitive sports.<sup>23</sup> Parks and stadia were intended to help erase negative urban images and became icons of newborn societies.

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*“Sport has the power to change the world. It has the power to inspire, it has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope, where once there was only despair. It is more powerful than governments in breaking down racial barriers. It laughs in the face of all types of discrimination.”*

-Nelson Mandela, Laureus World Sports Awards (2000)

### 1.3 Arena of the World

Figure 12 . [German Olympian, Luz Long, befriends Jesse Owens at the 1936 Berlin Olympic Games in Nazi Germany]



24. United Nations, "Transcending Borders, Sport Plays Critical Role in Overcoming Hurdles to Building Peace, Sustainable Development, Speakers Tell General Assembly," Meetings Coverage, General Assembly, December 6, 2016, <https://www.un.org/press/en/2016/ga11867.doc.html>.

25. Nikolaus Katzer, "Introduction: Sports Stadia and Modern Urbanism," *Urban History* 37, no. 2 (August 2010): 249–52, <https://doi.org/10.1017/S0963926810000337>, 249.

26. Eric Klinenberg, *Palaces for the People: How Social Infrastructure Can Help Fight Inequality, Polarization, and the Decline of Civic Life*, First Edition (New York: Crown, 2018), 166.

Sport has been used to advance peace and reconciliation and has the power to transcend borders.<sup>24</sup> It can inspire all, regardless of age, race, ethnicity, religion, gender, or social class. Despite the fact that sporting spaces reflect key shifts in thinking about town planning, sports architecture is still an underexplored area in the historiography of urban design.<sup>25</sup> Athletic facilities attract people of different backgrounds into a shared social space, allowing for competitive, playful, often joyous activity, and sparking relationships that would never have formed off the field or court.<sup>26</sup> With sport and the city upheld as expressions of progress, hosting an Olympics became the ultimate symbol of modernity.

Despite the centuries that had elapsed since the Roman Emperor Theodosius I had prohibited the Olympic festival in 393 AD, knowledge about the Olympics and

27. John R. Gold and Margaret M. Gold, eds., *Olympic Cities: City Agendas, Planning and the World's Games, 1896-2020*, Third edition, *Planning, History and Environment Series* (London ; New York, NY: Routledge Taylor & Francis Group, 2016), 21.

28. *Ibid.*, 23.

29. Alison Steinbach. *Competition, Cooperation, and Cultural Entertainment: The Olympics in International Relations*, (*Harvard International Review*, Vol. 37, no. 2, Winter 2016): 39.

30. Gold and Gold, *Olympic Cities*, 435.

its significance for ancient Greek society had never fully faded from European consciousness.<sup>27</sup> The rediscovery of Olympia in the late eighteenth century aroused excitement beyond archaeological circles, as historians and other scholars eagerly devoured news emerging from Olympia.<sup>28</sup> Like many aspects of ancient Greek society, scholars in the late nineteenth century saw achievements of the past as offering parallels for the modern age, which eventually lead to the Revival of the Olympic Games in modern times.

While the spirit of the Olympics has aimed to create international exchange, understanding and unity, the Games have recently become more political, commercial, and expensive – less about international cooperation and more about a host's political purposes or global competition.<sup>29</sup> With the industrial age in the past and the world entering the advanced information age as a mature society, future Olympic hosts have an opportunity to refashion the 21st-century city while still achieving the Olympic legacy.<sup>30</sup> A legacy that is not only about athletic facilities, but also related facilities, urban development and social evolution. Developments suggest that cities around the world are pursuing a more holistic approach to urban planning that integrates concerns about welfare, education, economy and the environment, speaking less about urban planning and



Figure 13 . *Victoria Skating Rink*, 1863, Toronto.

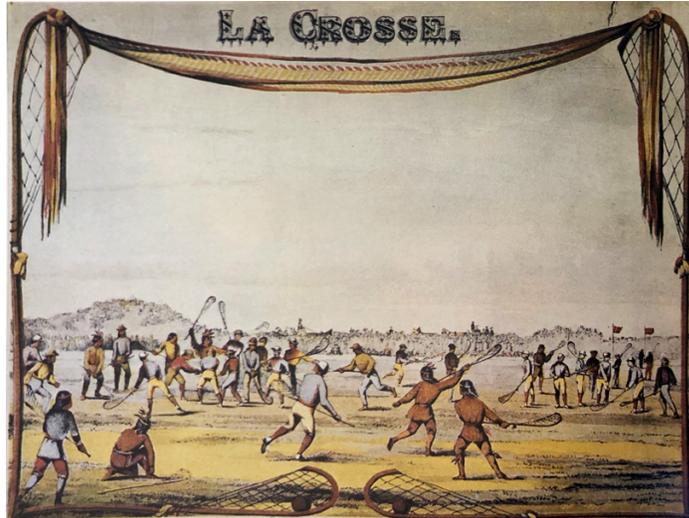
31. *Ibid.*

32. Dunbar and MacLennan, *Images of Sport in Early Canada*, 11.

more about community development, spatial planning and smart growth.<sup>31</sup> Sports and entertainment venues have and continue to produce the latest structural advances in architecture and construction on a massive scale. What if those efforts and infrastructure focused on smaller-scale projects for supporting community recreation? Not for the spectacle, but for the amateur athletes being watched by neighbours and friends, playing their games merely because they love them.<sup>32</sup>

#### 1.4 Fields of Knowledge

Figure 14 . W.C. Chewitt and Co., *Lacrosse*, 1856-70, lithograph, Toronto.



Diversity and teamwork can positively affect the social and public lives of a community. Access to shared, public and freely accessible social spaces that encourage diverse use and welcome diverse users can help facilitate social cohesion and trust.<sup>33</sup>

33. "International WELL Building Institute," WELL, accessed August, 2019, <http://www.wellcertified.com/>

Generations of people within the modern boundary of Canada competed with one another and actively engaged in cultural forms – from farmers' games to rodeos to feats of strength – that came to be known and celebrated as sport.<sup>34</sup> Similarities in how people a century ago related to one another through physical activity and common notions about the body remain significant even in today's society.<sup>35</sup> Nevertheless, attitudes toward the body differed. First Nations viewed the body as spiritually and physically significant in terms of survival, skill, and a sense of dedication to community life and

34. Don Morrow and Kevin B. Wamsley, *Sport in Canada: A History*, Third edition (Don Mills, Ontario, Canada: Oxford University Press, 2013), 8.

35. *Ibid.*, 4.

responsibility. In contrast, Europeans' different senses of survival skills and competitive practices altered these sports. Notions of masculine honour became enshrined in practice and celebrated through competition.<sup>36</sup>

36. Ibid.

Although they recognized the level playing field, European domination consequently homogenized diverse native cultures into a uniform collective.

Athletic fields can be places where social and political hierarchies lose their significance. The great anthropologist Victor Turner referred to such places as "anti-structural," because they allow people who might otherwise be hostile to one another play together in an experience he calls *communitas*: a liminal moment when all participants have the same social status and forbidden social bonds are suddenly encouraged.<sup>37</sup>

37. Eric Klinenberg, *Palaces for the People: How Social Infrastructure Can Help Fight Inequality, Polarization, and the Decline of Civic Life*, First Edition (New York: Crown, 2018), 167.

Sociologists have also found that participating in organized sports teams increases social capital, and learning to lead or work with teammates on the field helps players develop skills that transfer to other domains of social life.<sup>38</sup> A critical approach to community sport highlights the need for society to recognize the very different ways of being human and can be distinguished in four concepts of inclusion: normative, integrative, dialogical and transgressive.<sup>39</sup> To compare the extremes, normative approaches of inclusion focus on the 'active assimilation and normalization of minority

38. Ibid.

39. Hebe Schailleé, Reinhard Haudenhuyse, and Lieve Bradt, "Community Sport and Social Inclusion: International Perspectives," *Sport in Society* 22, no. 6 (June 3, 2019): 885–96, <https://doi.org/10.1080/17430437.2019.1565380>, 888.

40. Ibid, 889.

41. Klinenberg, *Palaces for the People*, 11.

individuals to a dominant cultural standard,' whereas, in the transgressive conception of inclusion, the individual diversity is 'used as a vehicle for the generation of new knowledge and learning experiences.'<sup>40</sup> Moments of interaction on the field help divided groups recognize their common humanity and can celebrate differences while empowering individuals.<sup>41</sup>

*Is sustainability a  
personal pursuit or a  
collective affair?*

Exhibition wall text, Our Happy Life: Architecture and  
Well-Being in the Age of Emotional Capitalism, Canadian  
Centre for Architecture, Montréal, Québec, 2019.

## Chapter 2: *Site*

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*“The white man always attempted to avoid the snow or skirt it, whereas the Indian always looked for the best way to walk on it and live in harmony with nature.”*

First Nation knowledge passed down  
from generation to generation

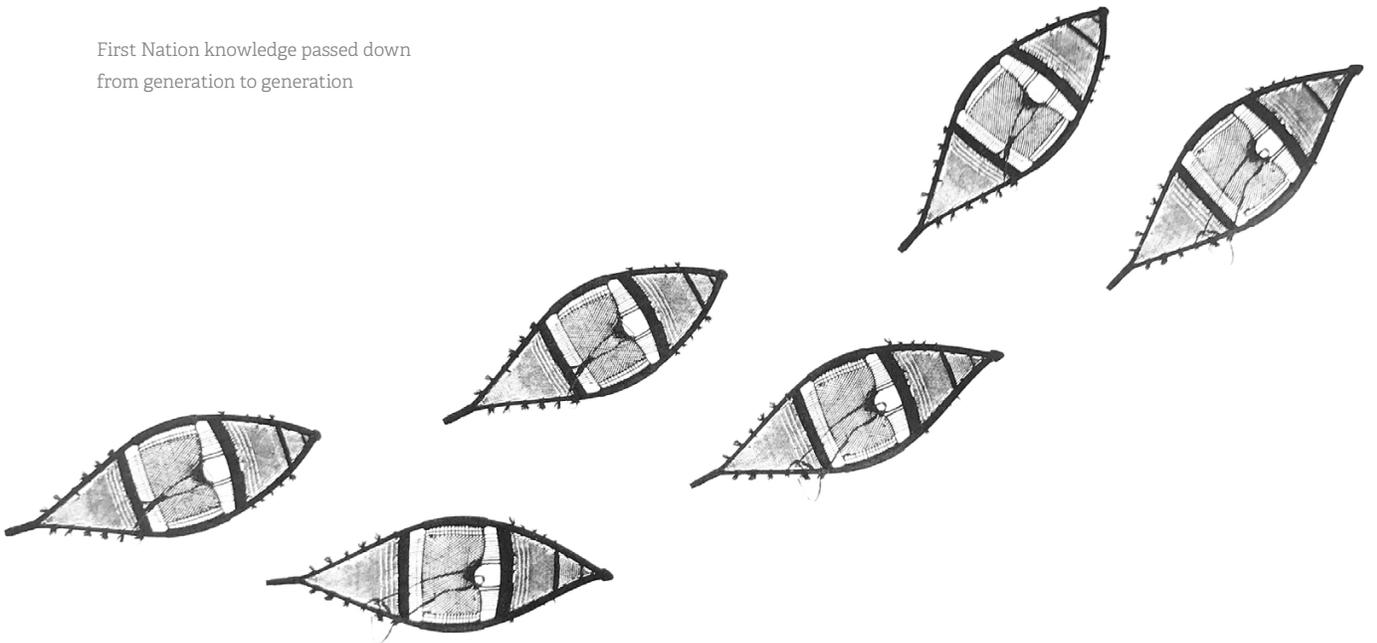


Figure 15 . Snowshoes

## 2.1 Heart of the Continent

Figure 16 . Group of immigrants arriving at CPR Station, 1927, Higgins Avenue and Main Street, Winnipeg.



Known as the “Gateway to the West,” the City of Winnipeg is a prime example of rapid urbanization. Its strategic location made it the epicentre for the transcontinental railway extension to the west. After the completion of the Canadian Pacific Railway in 1885, the city’s period of growth was unparalleled in Canadian development. Growing from a population of 20,000 in 1886 to 150,000 in 1911, it became the third-largest city in Canada at the start of the twentieth century.<sup>42</sup>

This rapid urban growth brought prosperity and accelerated transformation to the city’s urban fabric, but outpaced the expansion of the city’s park system. With most cities in North America creating parks in their masterplans, Winnipeg aimed to do the same. As one of the first cities in Canada to recognize the importance of

42. “Winnipeg,” Canadian Encyclopedia, accessed March, 2020, <https://www.thecanadianencyclopedia.ca/en/article/winnipeg>.

43. Catherine Logan Macdonald, Winnipeg (Man.), and Parks and Recreation Department, *A City at Leisure: An Illustrated History of Parks and Recreation Services in Winnipeg 1893-1993* (Winnipeg, MB: City of Winnipeg, Parks and Recreation Dept., 1995), v.

44. David Spector, *Assiniboine Park: Designing and Developing a People's Playground* (Winnipeg, MB: Great Plains Publications, 2019), 11.

45. *Ibid.*, 48.

46. *Ibid.*, 11.

recreation, the city is acknowledged as a leader in the development of beautiful parks, innovative facilities and a full complement of recreation programs and services.<sup>43</sup>

Large suburban parks were built to meet the rising citizen expectations for recreational lands. Assiniboine Park, in particular, has provided an idyllic escape from the hustle and bustle of city life for more than 100 years.<sup>44</sup> The park covers two hundred and eighty acres, featuring a run of prime Assiniboine River frontage.<sup>45</sup> It has reflected the evolution of Winnipeg and its societal values transforming from a pleasure playground oriented to relaxation, contemplation and family recreation, to a twenty-first-century theme park at the forefront of popular botanical and zoological education and Indigenous teachings.<sup>46</sup>



Figure 17 . A view of the lake in Assiniboine Park in Winnipeg, 1920-1950.

From its conception, sports and active recreational uses within the park were reluctantly included. Winnipeg's Superintendent of Parks, George Champion, was particularly worried that the pressures on the board to place playing fields and playgrounds in neighborhood parks would result in the destruction of these areas as passive green spaces, and thought baths and gymnasiums might be best accommodated in the new collegiate institutes or in "community centres" then being experimented within the United States.<sup>47</sup> It took several decades to provide the recreational services that the people of Winnipeg were increasingly demanding.<sup>48</sup>

47. Catherine Logan Macdonald, *Winnipeg (Man.), and Parks and Recreation Department, A City at Leisure: An Illustrated History of Parks and Recreation Services in Winnipeg 1893-1993* (Winnipeg, MB: City of Winnipeg, Parks and Recreation Dept., 1995), 31.

48. *Ibid.*



"CHAMPION OF THE CENTURY" PROMOTES GAMES IN WESTERN CANADA TOUR



Jesse Owens, one of the greatest athletes of all time, recently completed a speaking tour which took him to Vancouver, Edmonton, Calgary, and Winnipeg promoting track and field, his first love, and the Pan-American Games as well. He is shown at right in the above photograph receiving a scroll naming him an honorary citizen of Winnipeg from Mayor Stephen Juba, at left. W. Culver Riley, President of the Pan-American Games (1967) Society, is in the centre of the photo. Owens, who set eight world records in 1936 and capped what he calls the "greatest year of my life" by winning four gold medals at the Berlin Olympics, made a whirlwind visit to Winnipeg, taping television and radio interviews, presenting a talk illustrated with two films - one on his triumphs in 1936, the other on the 1964 Tokyo Olympics - and attended a reception at the Press Club, all within twenty-four hours!

In an interview with Hubert Bayer of the Winnipeg Free Press, Owens called the Pan-American Games "a tremendous undertaking, which would boost the economy very substantially."

"But let's not think of it in terms of economy," Owens said, "Let's think of it in terms of good will. There will be about twenty-six nations participating, 3000 athletes and heaven knows how many visitors will see your city, your province, and remember it."

He is sure that "Nothing but good will come from this event."

Owens was active with the committee which organized the 1959 Pan-American Games in Chicago.

In an interview with young Winnipeg lawyer Ron Meyers, who doubles as a track and field writer for the Winnipeg Tribune, Owens said "It's tough to be a has-been." Some of the records he set in 1936 stood for more than 25 years, but he's watched them fall one by one. Still, no one has ever matched his performance thirty years ago, and the young man of 22 who was the idol of the world's youth, is now a living legend and his name is a household word around the world. The Pan-American Games Society is proud to have a man of such greatness speaking on its behalf.

*“But let’s not think of it in terms of economy. Let’s think of it in terms of good will.”*

Jesse Owens, Winnipeg Free Press Interview  
(1967 Pan-American Games)

Figure 18 . [1967 Pan-American Game news articles]  
Figure 19 . Champion of the Century

## 2.2 Polo Park

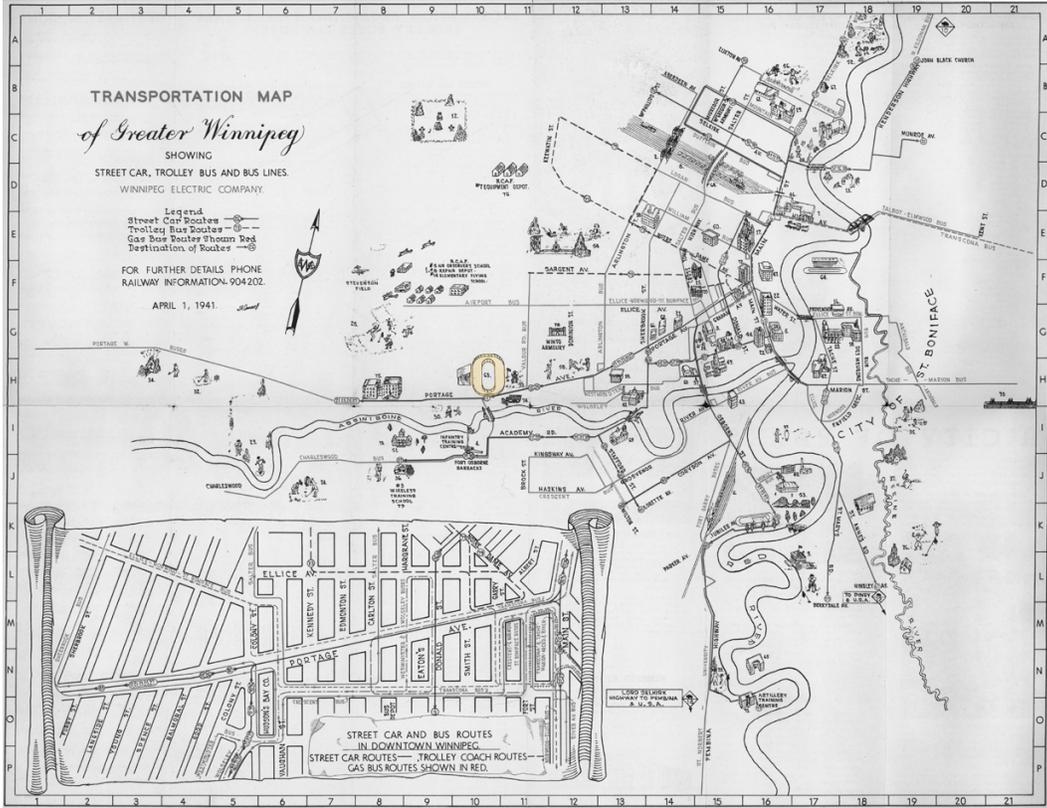


Figure 20 . Transportation Map of Greater Winnipeg, 1941.

### Polo (noun)

*Etymology:* *Balti Tibetan polo ball (cognate with Lhasa Tibetan pulu , Lhodra Tibetan poli , Dzongkha bōli ) English ball*

-Oxford English Dictionary

The site for the proposed project is located in the city’s major shopping district known to Winnipeggers today as “Polo”. It’s namesake is from the Polo Park Racetrack that once existed on site. At the time, the racetrack was located on the outskirts of Winnipeg. As an activity, polo was intended to train the dexterity of soldiers on horseback, and is one of the world’s oldest known team sports. Although no record of polo was ever played on site, the area was once known as the city’s sports hub.

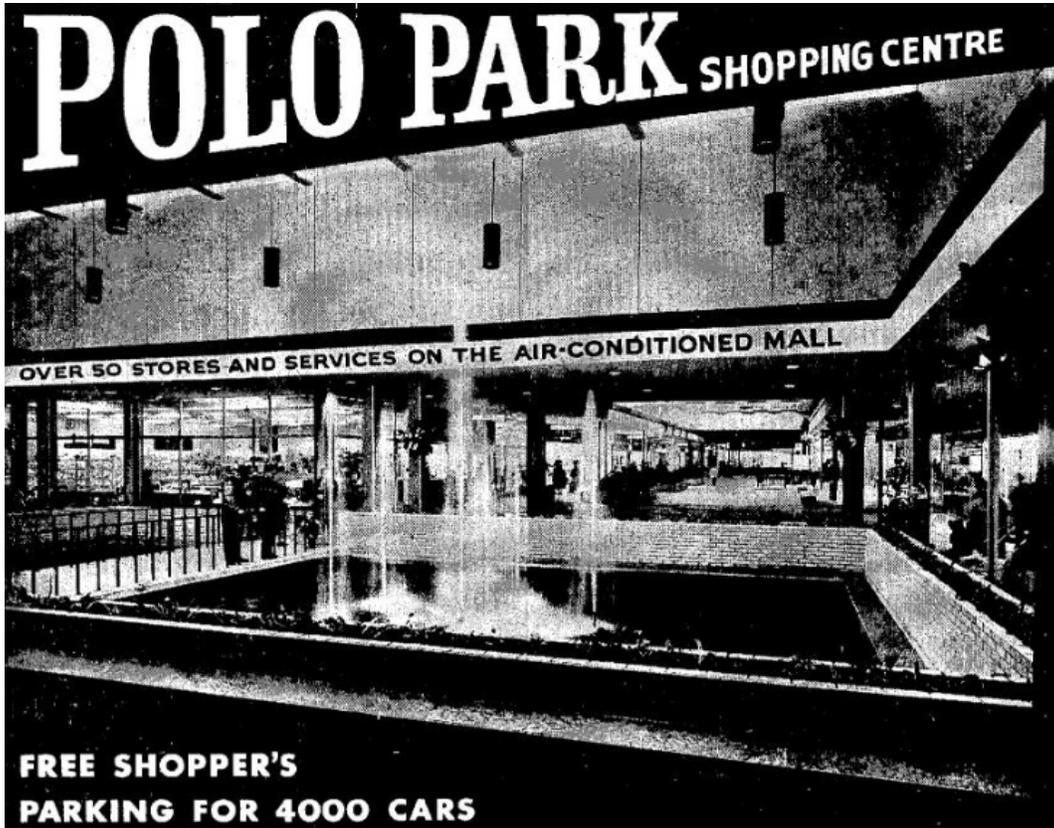


Figure 21 . Polo Park advertisement, 1925, Winnipeg Free Press.

Figure 22 . Polo Park Shopping Centre advertisement, 1959.

The project builds from the important site history and the strong framework of recreation that once existed.



Figure 23 . Outdoor activity at Omand's Creek, ca. 1960.

Figure 24 . Tobogganing at Omand's Creek, ca. 1960.

The area was originally chosen as a place for physical activity because of its natural landscape. The creek on site meandered and carved the land, preventing cultivation of the area, but provided a desirable destination for outdoor activity.

Figure 25 . Plan of River lots in the parishes of St. John, St. James and St. Boniface, 1874.

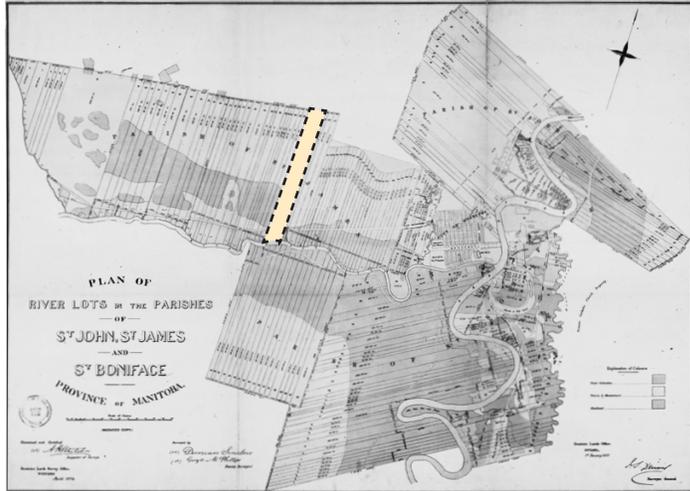


Figure 26 . T. Eaton Company Store in Portage Avenue, Winnipeg.



Figure 27 . Eaton Park Place Golf Course surrounding Polo Park Racetrack.



49. Eileen Pruden, "The Other Polo Park," *Winnipeg Real Estate News*, April 28, 1989.

50. *Ibid.*

51. "Eaton's Department Store fonds," accessed March 2020, <https://umanitoba.ca/libraries/units/archives/collections/rad/eatons.html>

Since the early 1800s, the area was in constant use as a pasture because of the lush grass and woods situated on the property.<sup>49</sup> In 1850, the land west of the creek meandering through the site was granted by the Hudson's Bay Company for the St. James Church and Cemetery, which was built at the south end of the river lot. The natural landscape outside the city at that time, became the ideal place for the T. Eaton Company to rent 10 acres of land in 1910.<sup>50</sup> For many years, the Winnipeg Eaton's store became the most successful outlet in Canada, given how it dominated its local market.<sup>51</sup> Timothy's son, John Craig Eaton, who saw Winnipeg's successful location to serve its western customers, was also an advocate for physical fitness through sport. He built an athletic ground for his 3000 employees and

Figure 28 . Polo Park Postcard, 1956.

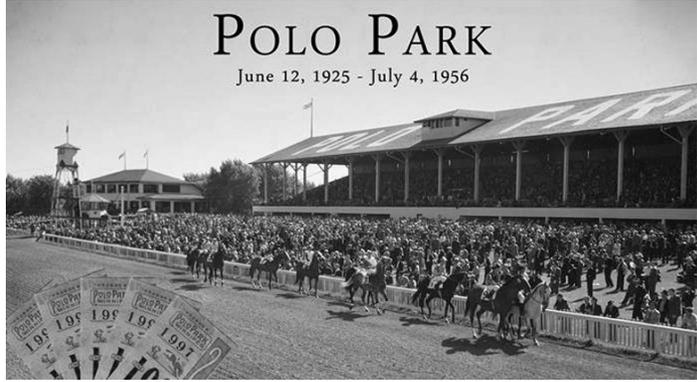


Figure 29 . Victory Gift in the Polo Park Winner's Circle, 1948.

52. Ibid.

53. Keith Wilson and Antoine S Lussier, *Off and Running: Horse Racing in Manitoba* (Winnipeg: Peguis Publishers, 1978), 31.

named it Eaton Park Place, which was in use until 1914 when many male employees joined the armed forces and fought in the first World War.<sup>52</sup> In 1925, R. James Speers, “the guiding genius behind western Canadian thoroughbred racing,”<sup>53</sup> built the Polo Park Racetrack just north of Portage Avenue. At the time, the six-furlong track was considered one of the finest in western Canada and was home to the Canadian Derby until it

Figure 30 . Drawings for Polo Park Shopping Centre, Winnipeg, 1958.

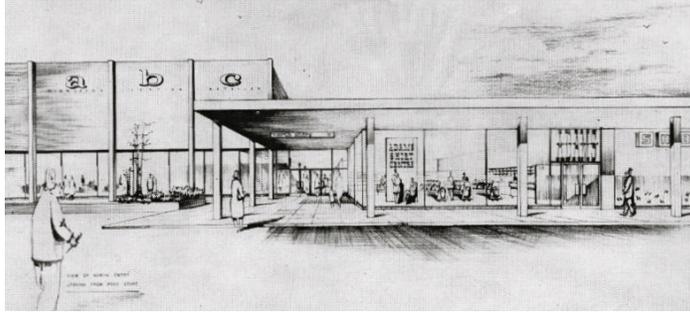


Figure 31 . Aerial view of Polo Park Shopping Centre, ca. 1960, Winnipeg.



Figure 32 . View to Simpsons-Sears, with sculptural *Sundial* Jim Willer and Duane Eicholz, ca. 1959.



Figure 33 . George Swinton's *Acrobats* (Concrete), ca. 1959.



moved to Edmonton in 1955. When Speers passed in 1955, the land was sold and Polo Park Shopping Centre was built in 1959. A year after America's first shopping mall opened, designed by Austrian-American architect Victor Gruen, "the father of the shopping mall," the architecture practice of Green Blankstein Russell started the design of the Polo Park shopping plaza.<sup>54</sup> This visionary firm shaped Winnipeg's urban landscape and the architectural industry with their novel interdisciplinary approach that included architects, engineers, interior designers, planners, women and minority groups.<sup>55</sup> Diversity and teamwork was integral to their success and their innovations were later adopted by others.

54. Jeffrey Thorsteinson, Brennan Smith, and Winnipeg Architecture Foundation, GBR: Green Blankstein Russell and Associates : An Architectural Legacy, 2017, 100.

55. Ibid, 1.



Figure 34 . Polo Park Mall Postcard, ca. 1963.



Figure 35 . Aerial Photograph of Polo Park area, ca. 1980, Winnipeg.



Figure 36 . Canad Inns Stadium



Figure 37 . Line up for Jets tickets, 1978, Winnipeg Arena.

56.Ibid, 100.

In 1963, Polo Park Shopping Centre became one of the first enclosed shopping malls in Canada when a roof was added to the second floor,<sup>56</sup> becoming the climate-controlled mall Gruen grew to regret. Built adjacent to the shopping mall, the Canad Inns Stadium (1953-2013), Winnipeg Arena (1955-2006), Alexander Park and the 1967 Pan-American Games Velodrome (1967-1991) have been home to major sporting events in the city. Although each venue has since been demolished and relocated, the memory of a sports hub still remains.



Figure 38 . Target Polo Park, 2015.



Figure 39 . Bluestem Nature Park, 2019.

Figure 40 . Garbage Hill, 2020.

The most recent, major redevelopment on site has been the demolition of the Canad Inns Stadium in 2013 and construction of Super Target which opened and closed its doors in 2015. Although the area continues to thrive as a commercial shopping district, places of outdoor recreation still exist. Westview Park, also known as “Garbage Hill,” was originally a landfill for steel and glass waste from 1875-1948. After reshaping the site for recreational use, the highest point in Winnipeg is now a popular space for dog walkers, joggers and tobogganing in the winter. Bluestem Nature Park, once a diverse and beautiful area, became a typically overdeveloped suburban tract of land. Vocal residents advocated for the land to become a park and in 1987 the native prairie restoration began. A decade later, trails were established for the landscape to be appreciated by pedestrians and cyclists.

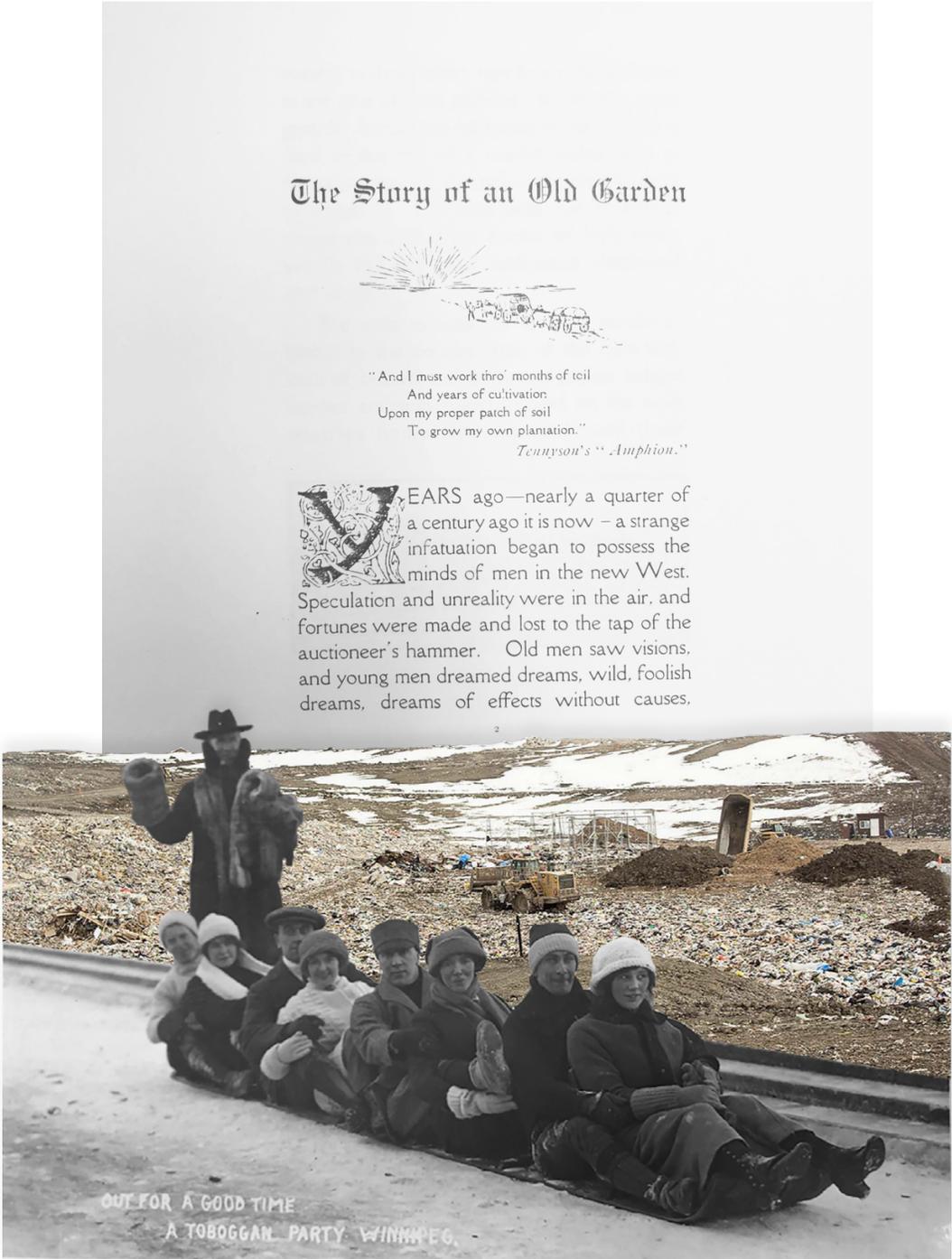


Figure 41 . The Story of an Old Garden  
Figure 42 . Out for a Good Time

The project attempts to tell a story of how public engagement through the landscape can strengthen our relationship with the each other and the environment.

### Site History

- 1. 1850 Land granted by the Hudson's Bay Company to build St. James Church and Cemetery
- 2. 1875-1948 Westview Hill Landfill
- 3. 1910-1914 Eaton Park Place
- 4. 1925-1956 Polo Park Racetrack
- 5. 1953-2013 CanadInns Stadium (Football)
- 6. 1955-2006 Winnipeg Arena (Hockey)
- 7. 1959 Polo Park Shopping Centre
- 8. 1960 Westview Park (Garbage Hill)
- 9. 1960-70's Alexander Park (Soccer)
- 10. 1967-1991 Pan Am Games Velodrome
- 11. 1987 Bluestem Nature Park
- 12. Omand's Creek Park
- 13. Super Target 2015-2015
- 14. **Project site**

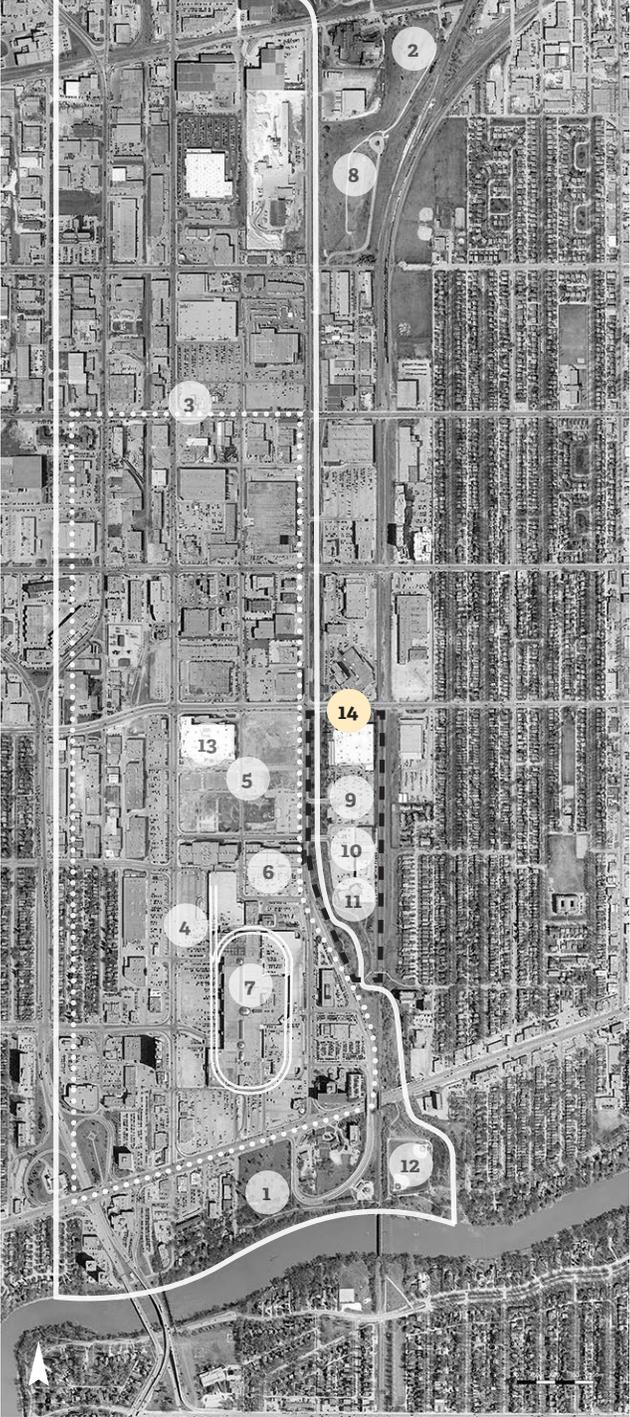


Figure 43 . Site History

### 2.3 The Site: Omand's Creek



Figure 44 . Project Site

The project site is bound by Omand's Creek to the west, the Canadian Pacific Railway tracks to the east and St. Matthews Avenue to the north. The specific site straddles the natural meander of the creek and its transition into a fixed water channel. Here, there is still a connection to what the site has to offer as a natural landscape and the opportunity to create an entryway and support system for the recreational use of the land. Today the site has been leftover, completely overdeveloped and has become a forgotten natural landscape.



Figure 45 . Site exploration: south view of the creek, October 2019

Figure 46 . Site exploration: north view from walking path, October 2019



Figure 47 .Site exploration: south view of the creek, December 2019  
Figure 48 . Site exploration: north view from walking path, December 2019  
Figure 49 . Site exploration: north view from bridge, December 2019  
Figure 50 . Site exploration: south view toward walking path, December 2019

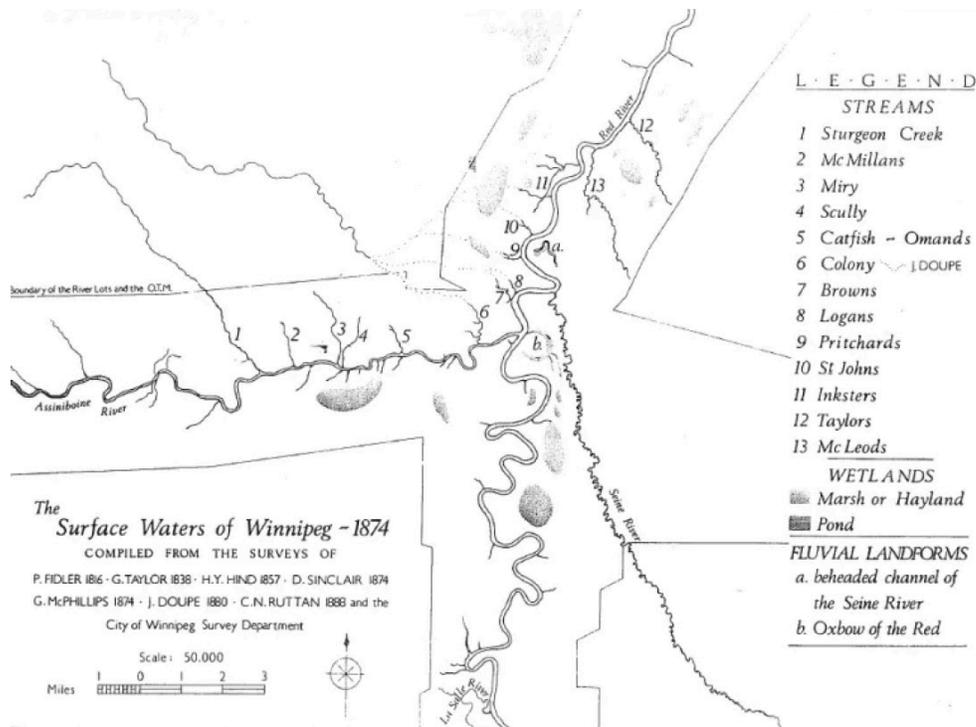


Figure 51 . The Surface Waters of Winnipeg, 1874.

*“People think of Winnipeg as being flat, but there were creeks all over the place, all parts of the city. That was the natural landscape.”*



Figure 52 . Aerial photograph of Polo Park Racetrack during the 1950 Flood.

57. Darren Bernhardt, "Ghost Creeks: Winnipeg Buried Many Waterways That Could Have Changed City's Shape," CBC News, September 2, 2018, <https://www.cbc.ca/news/canada/manitoba/creeks-streams-winnipeg-history-1.4641823>.

Winnipeg - which means "muddy waters" in Cree – is a natural watershed. The city's location at the confluence of the Red and Assiniboine Rivers has been a meeting place for thousands of years. Within the area now bounded by the Perimeter Highway, there were once 16 major streams and 20 small creeks or coulees that carried water when fed by heavy rains or spring melt.<sup>57</sup> With the rapid urban expansion of the city, the water table no longer has the ability to absorb and shed water, leading to flooding in the low-lying areas.



Figure 53 . Omand's Creek flooding at Portage Avenue, 1950.

58. "Historic Flood - 1950," Government, Province of Manitoba, accessed December 20, 2019, [https://www.gov.mb.ca/mit/wms/rrf/historical\\_1950.html](https://www.gov.mb.ca/mit/wms/rrf/historical_1950.html)

59. "Red River Floodway," Government, Province of Manitoba, accessed December 20, 2019, <https://www.gov.mb.ca/mit/wms/rrf/index.html>.

In 1950, major flooding took place and residents were evacuated from their homes - the largest evacuation in Canadian history at the time.<sup>58</sup> To address the flooding, the Red River Floodway was built between 1962 and 1968 as flood protection measures for the City of Winnipeg. Back then, the excavation of the floodway channel was the second largest earth moving project in the world (second only to the Panama Canal).<sup>59</sup>

In an attempt to rehabilitate the area along Omand's Creek, the project imagines a municipal by-law. The expropriation of the urban stretch of land for public good is a call to action for the reunification of the site to the landscape.

**THE CITY OF WINNIPEG**

**BY-LAW NO. 22/2019**

**A By-law of THE CITY OF WINNIPEG to acquire land for the purpose of construction of the Winnipeg Community Recreation Park in the City of Winnipeg, in Manitoba.**

**WHEREAS** pursuant to The City of Winnipeg Charter in particular sections 204 and 205, the City may expropriate land and improvements considered necessary for its purposes;

**NOW THEREFORE THE CITY OF WINNIPEG**, in Council assembled, enacts as follows:

- 1 The City hereby expropriates the following land:  
  

**The land contained within Lot 42 in the Parish of St James along Omand's Creek from a point 300 feet north of Portage Avenue to St Matthews Avenue**

for the purpose of construction of the Winnipeg Community Recreation Park, in the City of Winnipeg, Manitoba
- 2 The proposed work is hereby deemed to be necessary for the purpose of environmental rehabilitation and physical recreation in the said assessment area.
- 3 The lands to be benefited by the proposed work are all the lands contained within the said assessment area.
- 4 The cost of the care and maintenance of said land shall be paid out of the annual levy for park, recreation and environmental purposes.

Figure 54 .Proposed By-Law

# Omand's Creek park sledding-ready

By Brenda Fleming

Omand's Creek Park could soon be the site for a new toboggan slide.

Coun. Garth Steek (River Heights), whose ward includes the Wolseley area, said he will be asking fellow city councillors for their support of the project.

Steek plans to ask his colleagues to agree to waive the usual community incentive grant criteria for such projects and have the city provide the entire \$8,000 required to install the slide.

Steek said he expects to make the request at the Feb. 26 city council meeting.

Omand's Creek Park is a beautiful area which is a gathering place for families and people of all ages, said Steek.

"It's a nice amenity to have and it helps create that atmosphere of community."

There are two potential sites being considered for the slide, said Steek.

One is the northwest corner of the park near a warm-up hut and the other, which is preferred by the city's parks department, is in the southeast corner of the park.

The toboggan slide would be similar to the toboggan slide at the park that it would be a permanent structure, Steek said.



Figure 55 . Omand's Creek park sledding-ready.

Figure 56 . Free Press carriers' toboggan party at River Park.

The work explores recreational infrastructure to support outdoor activity and restores elements of Winnipeg's vernacular as a starting point to the project's design.

**Chapter 3: *Initial Studies***

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## **Initial Studies**

The research began with an investigation of physical activity and leisure associated with sport throughout history. Origins of sport, as we know today, had various cultural significances to specific periods and places around the world. A card game created an opportunity to display the research through a timeline and game board. The content, although varied through time and place, is seamlessly connected through the game. From the research, explorative drawings layered seemingly unrelated sports equipment that revealed their connection to the landscape. Form finding studies pulled ideas from the drawings which developed throughout the project.

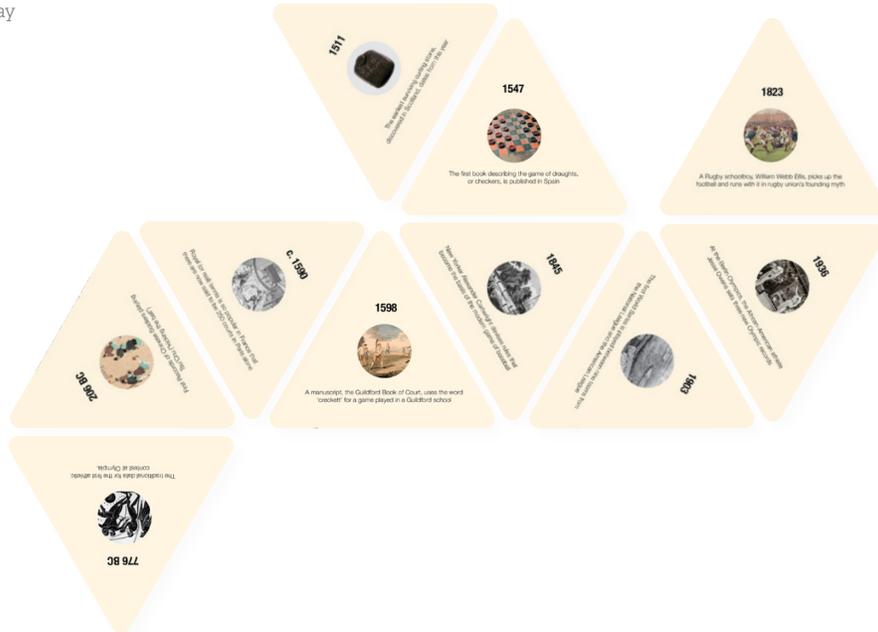
### 3.1 Cards of Recreation

Throughout the game, the cards create a timeline of sport throughout history. The game not only educates the players, but also engages them in the leisure activity and social interaction explored in the project.

Figure 57 . Playing Cards



Figure 58 . Game Play



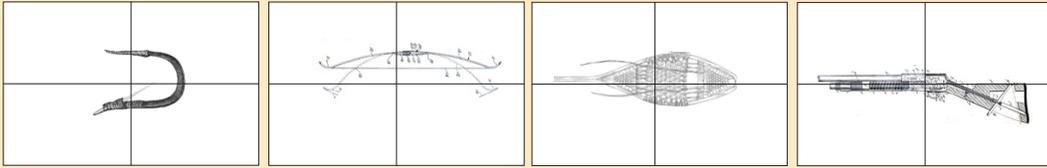
## 3.2 Composite Drawings

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Composite drawings were created as a way to initiate form finding from the research of physical activity throughout history. The drawings became an exercise, inspired by Douglas Darden, in understanding the relationship between the object, the body, and the land. The compositions were created with equipment associated with sport today and organized by its use. Each apparatus was originally designed or used for a specific function to augment, hold, strengthen or entertain the body.

# COMPOSITION DRAWING I

Survival - Augment the body to aid in gaining nourishment.



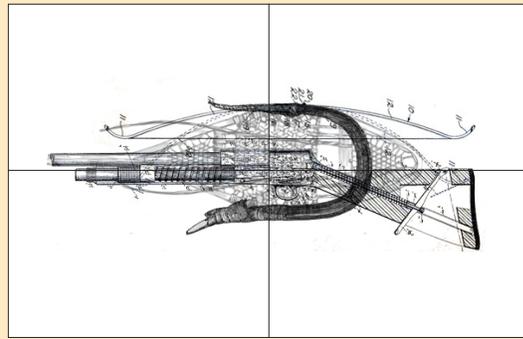
1.

2.

3.

4.

- 1. Steam-bent fish hook
- 2. Archery Bow
- 3. Dene Snowshoe
- 4. Hunting Rifle
- 5. Image Composite



5.

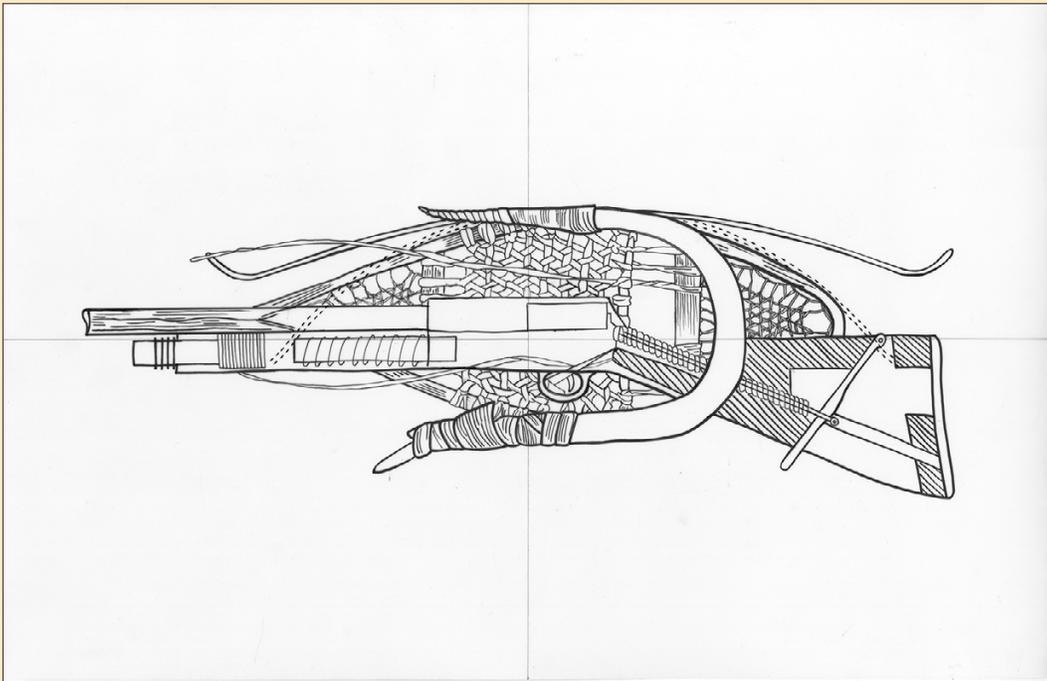
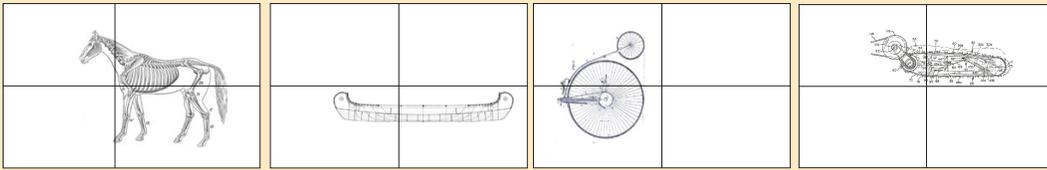


Figure 59 . Composite Drawing I

## COMPOSITION DRAWING II

Transport - *Hold the body to traverse and explore*



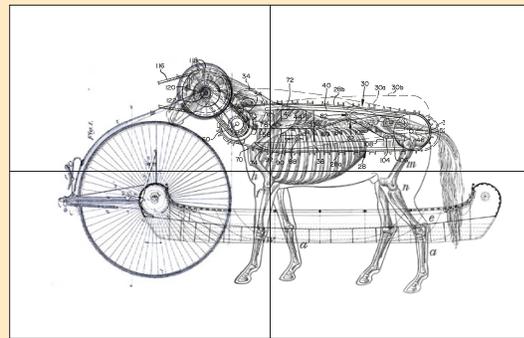
1.

2.

3.

4.

1. Horse
2. Voyaging Canoe
3. High Wheeler Bicycle
4. Snowmobile gears and tracks
5. Image Composite



5.

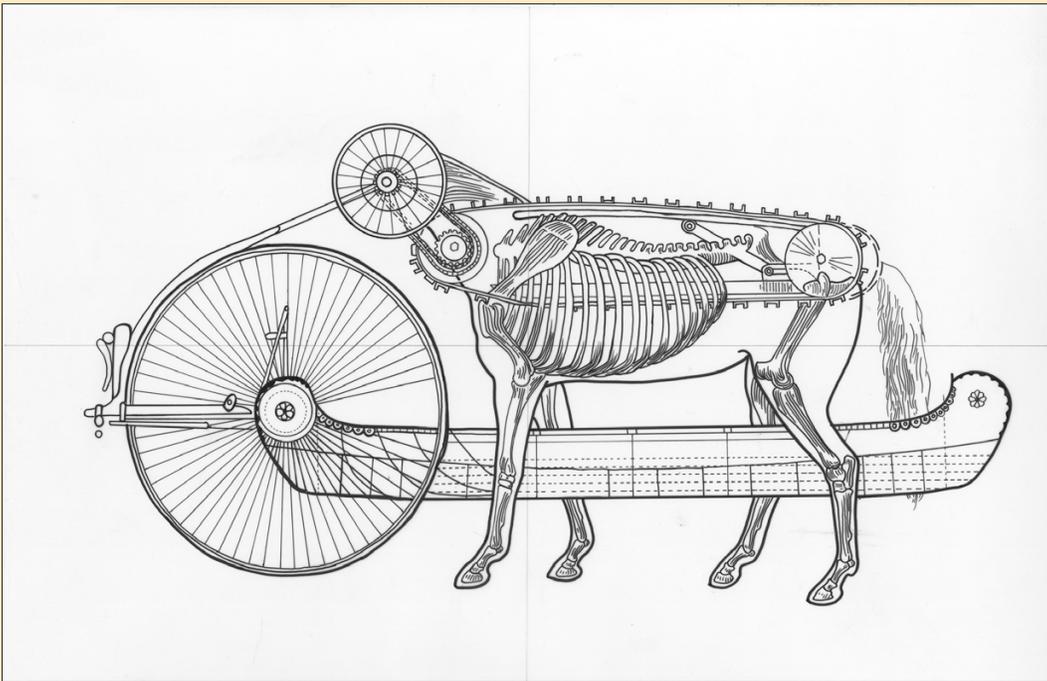
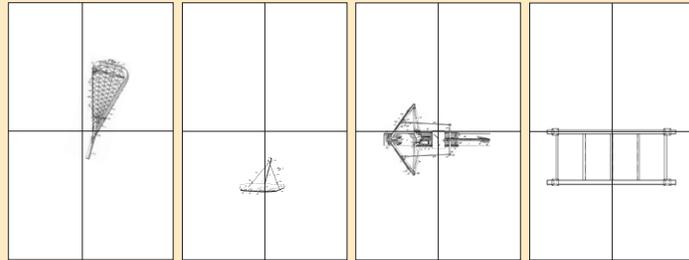


Figure 60 . Composite Drawing II

## COMPOSITION DRAWING III

Training - *Strengthen the body to increase skill.*

1. Lacrosse Scoop
2. Polo mallet
3. Rowing machine
4. Monkey Bars
5. Image Composite

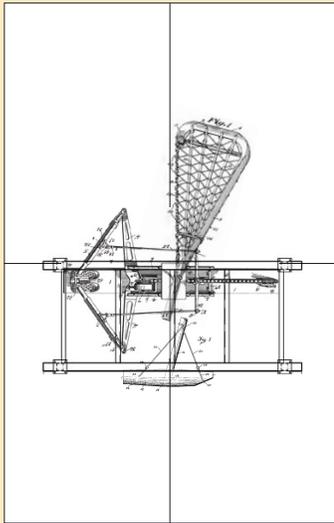


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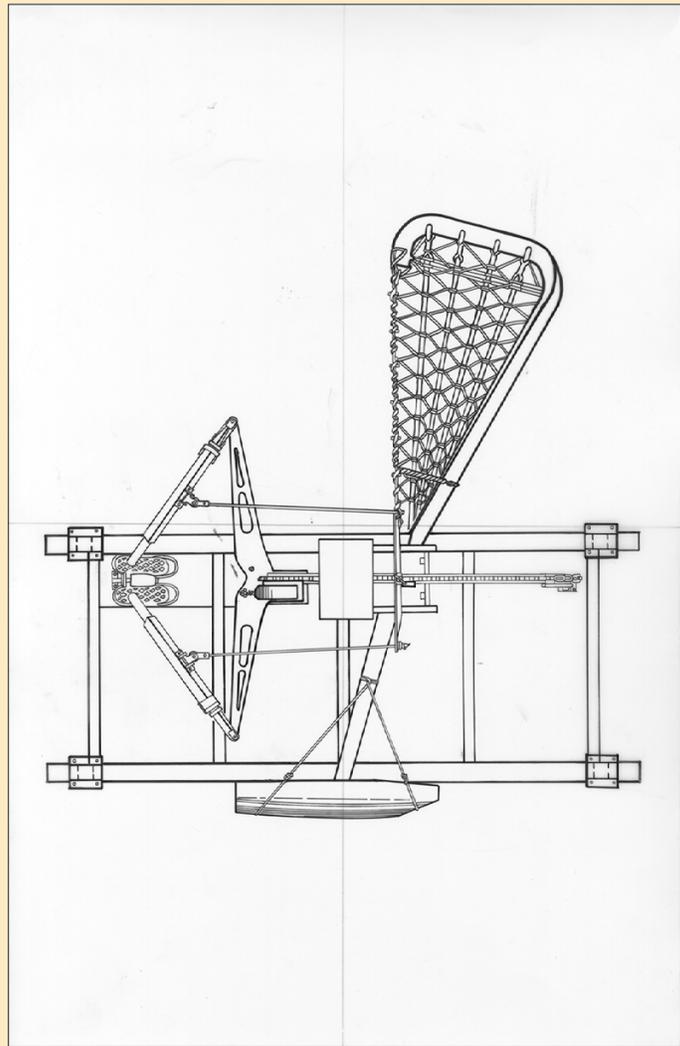
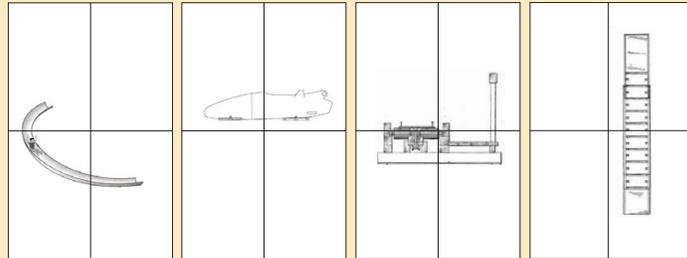


Figure 61 . Composite Drawing III

## COMPOSITION DRAWING IV

Leisure - *Entertain for refreshed body, mind and spirit.*

1. Slide
2. Bobsled
3. Toboggan Slide (section)
4. Toboggan Slide (plan)
5. Image Composite

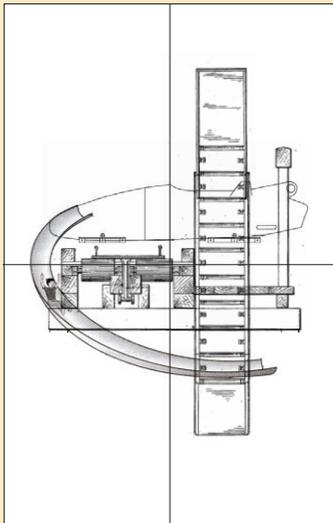


1.

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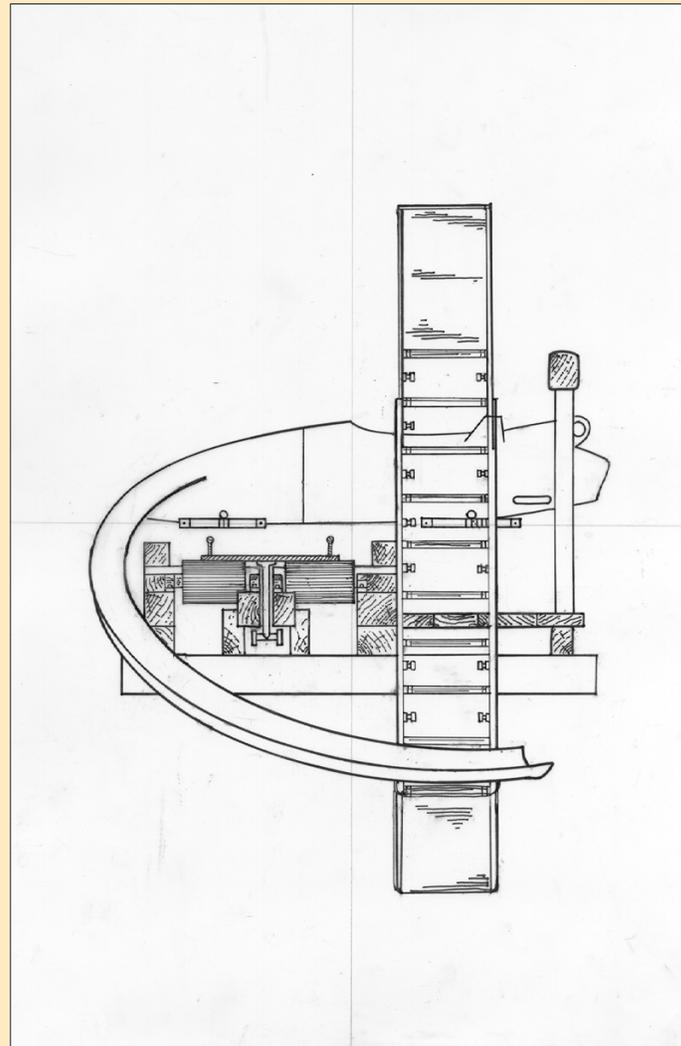


Figure 62. Composite Drawing IV

From the compositions, the relationship between the body and the landscape became apparent. Physical activities and objects built out of necessity were once tied to the material and the land. The relationship between body and equipment is now ubiquitous and disconnected from the environment.

How can space for physical activity rehabilitate this relationship with the landscape and perhaps aid in shaping a civic consciousness for a better tomorrow?

### 3.2 Site and Building Studies

Initial attempts at a building design pulled ideas and forms from the composite drawings. The curve and torque of materials to serve a new function inspired the structure and shape of the studies. To create these shapes, armatures are built to hold materials in place. Using sport as the navigator between activity in the land and the activity of gathering, the building attempts to act as the armature, holding back the earth, while opening up into the landscape. Spaces become a vessel for activity, weaving together the built and the natural.



Figure 63 . Site Study I - plan

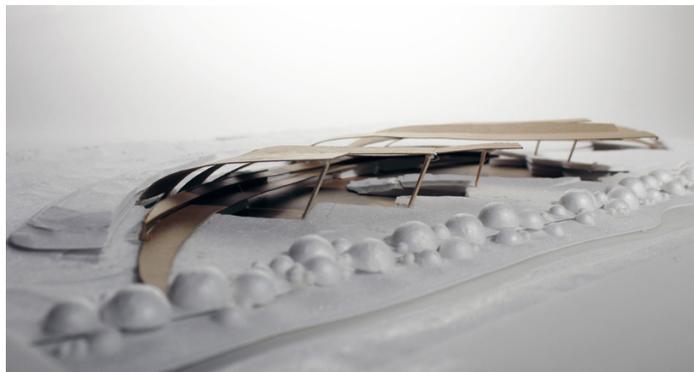


Figure 64 . Site Study I - roof



Figure 65 . Site Study II - plan

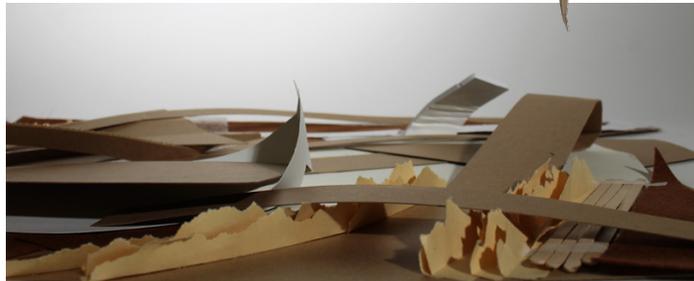


Figure 66 . Site Study II - forms

The previous model's rigidity in contrast to its scrap material inspired the study model above. Here, the notions of tension, weaving, bending, curving and torque become apparent. The organic forms create more intimate and curious spaces for the body to explore.

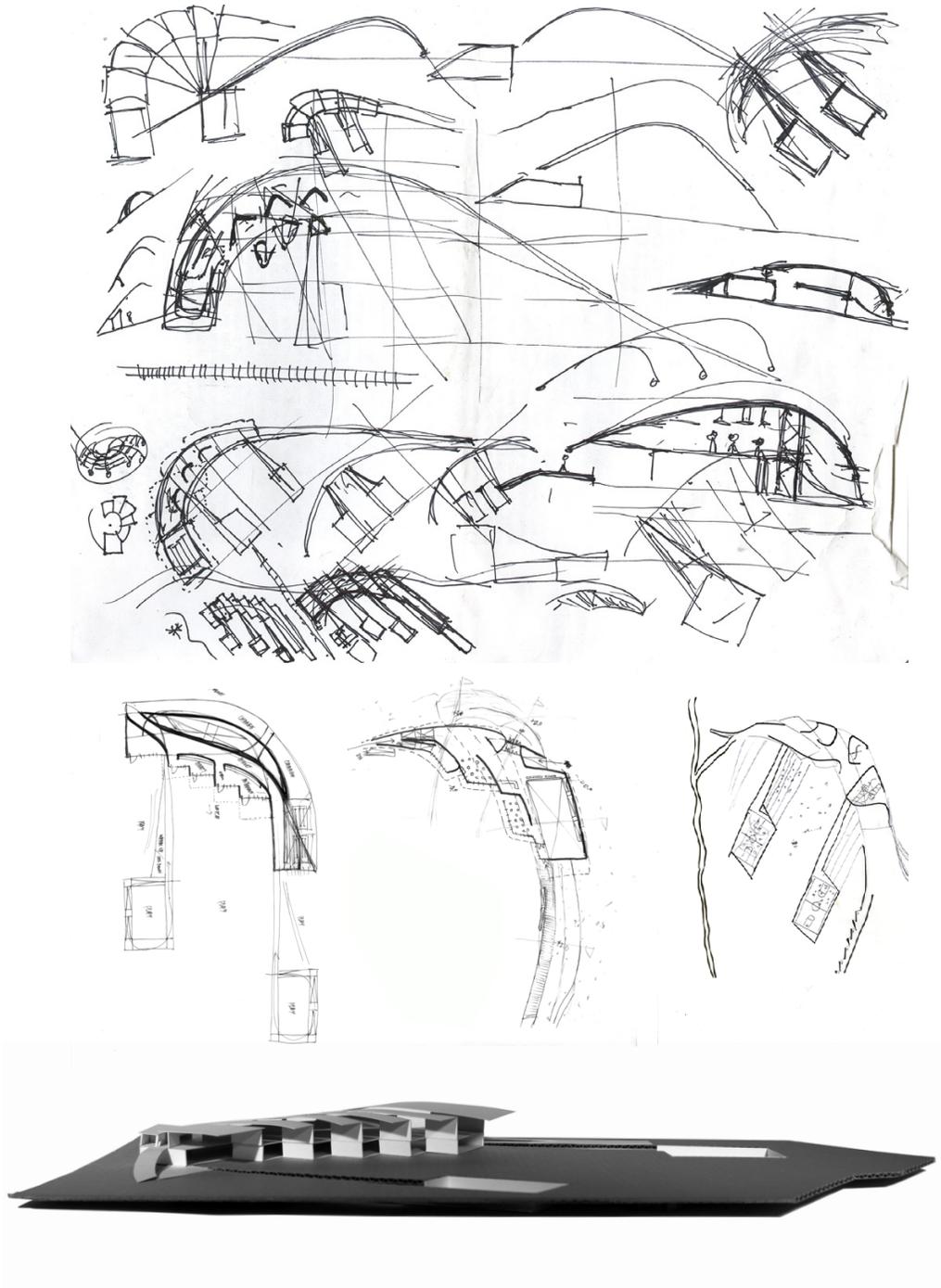


Figure 67 . Sketch Studies  
 Figure 68 . Building Design Fall Term

With sport being dictated by the rules and boundaries of the field and court, the design focuses on the activity before, during and after sporting activities. Moments where athletes and spectators diverge, gather, wait, interact, celebrate and journey to and from the fields and courts.

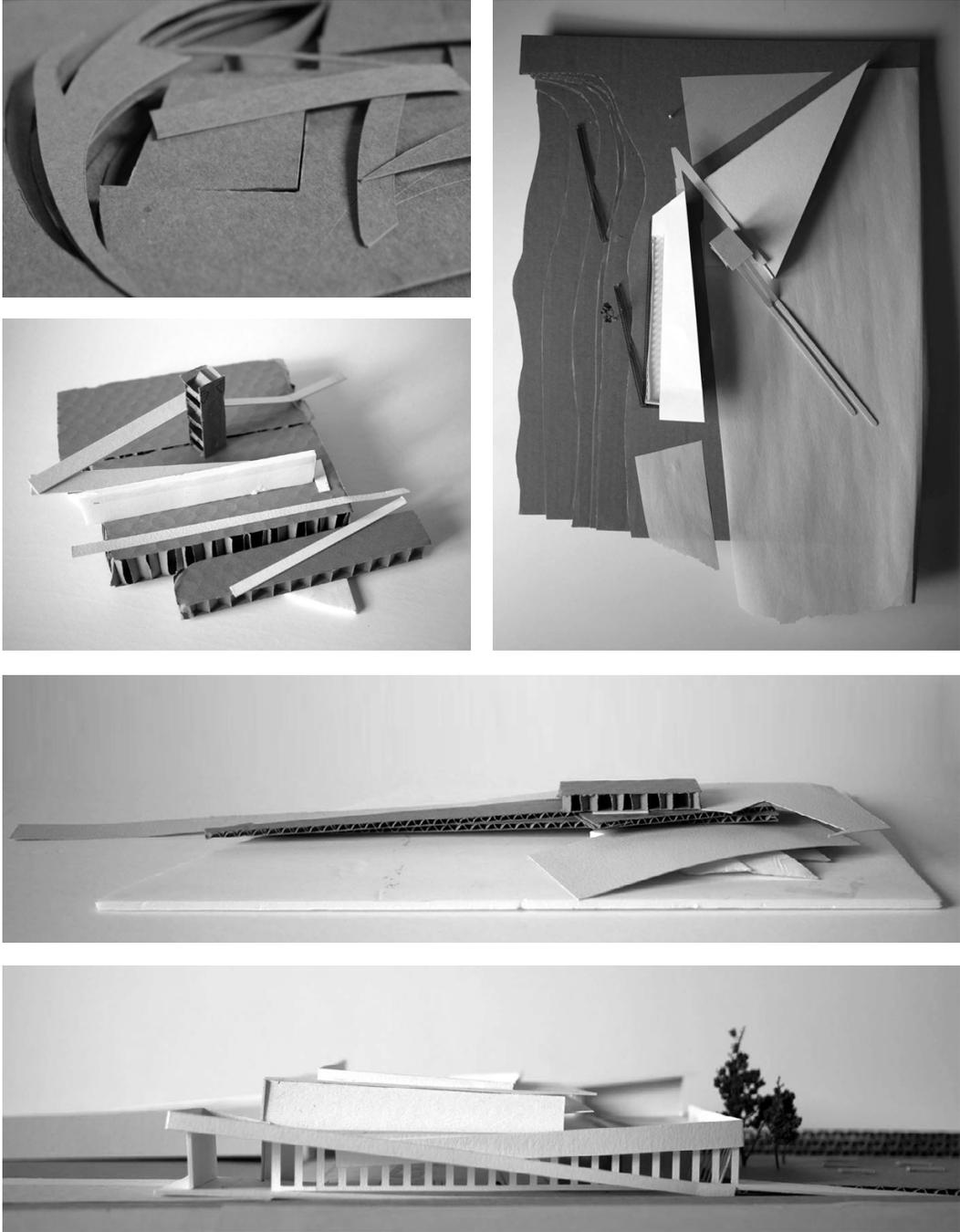


Figure 69 . Outpost studies

**Chapter 4: *Off the Field***

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## 4.1 Site Proposal



Figure 70 . Seasonal Port  
Entrance Perspective

Today, the word “recreation” and “re-creation” have seemingly different meanings, but both originally referred to as “a process of creating anew.” This could be extended to cover any sustaining act to restore to a good or normal physical condition from a state of weakness or exhaustion. Having a meal, being physically active or enjoying a social gathering, by virtue of their nourishing properties, were thought to create the body, mind and spirit anew. The design of the proposal, therefore, attempts to recreate the social and natural infrastructure once present on the site, and reconnect the relationship between the body, community and the landscape.



Figure 71 . Final Models

60. Irene Cheng, ed., "Active Design Guidelines: Promoting Physical Activity and Health in Design" (Center for Active Design, 2010), <https://centerforactivedesign.org/dl/guidelines.pdf>, 22.

61. Ibid., 23.

62. Ibid.

To develop and maintain a healthy, diverse and accessible streetscape, researchers have identified five "D" variables key to analyzing the relationship between urban design and travel patterns: density, diversity, design, destination accessibility and distance to transit.<sup>60</sup> The Polo Park area meets all of these relationships except design, which is the least well-studied of the five variables in part because it is the most nuanced and hard to measure.<sup>61</sup> A recent study funded by the Robert Wood Johnson Foundation's Active Living Research Program developed five qualitative design qualities to be critical to a good walking environment and related to physical features of the street environment: imageability, enclosure, human scale, transparency and complexity.<sup>62</sup> The proposal for the project uses these design directives to realize these qualities conducive to physical activity.

### Site Plan

- 1. Toboggan Run
- 2. Seasonal Port
- 3. The Restaurant & Cafe
- 4. Natural Playground
- 5. Storage Slope
- 6. The Platform
- 7. Playing Field
- 8. Market Space
- 9. Resting Place
- 10. Picnic Pavilion
- 11. Exchange Rooms
- 11. Bowling / Curling
- 12. Boardwalk
- 13. Plaza
- 14. Exhibition Space
- 15. The Gymnasium
- 16. Exercise Pavilion

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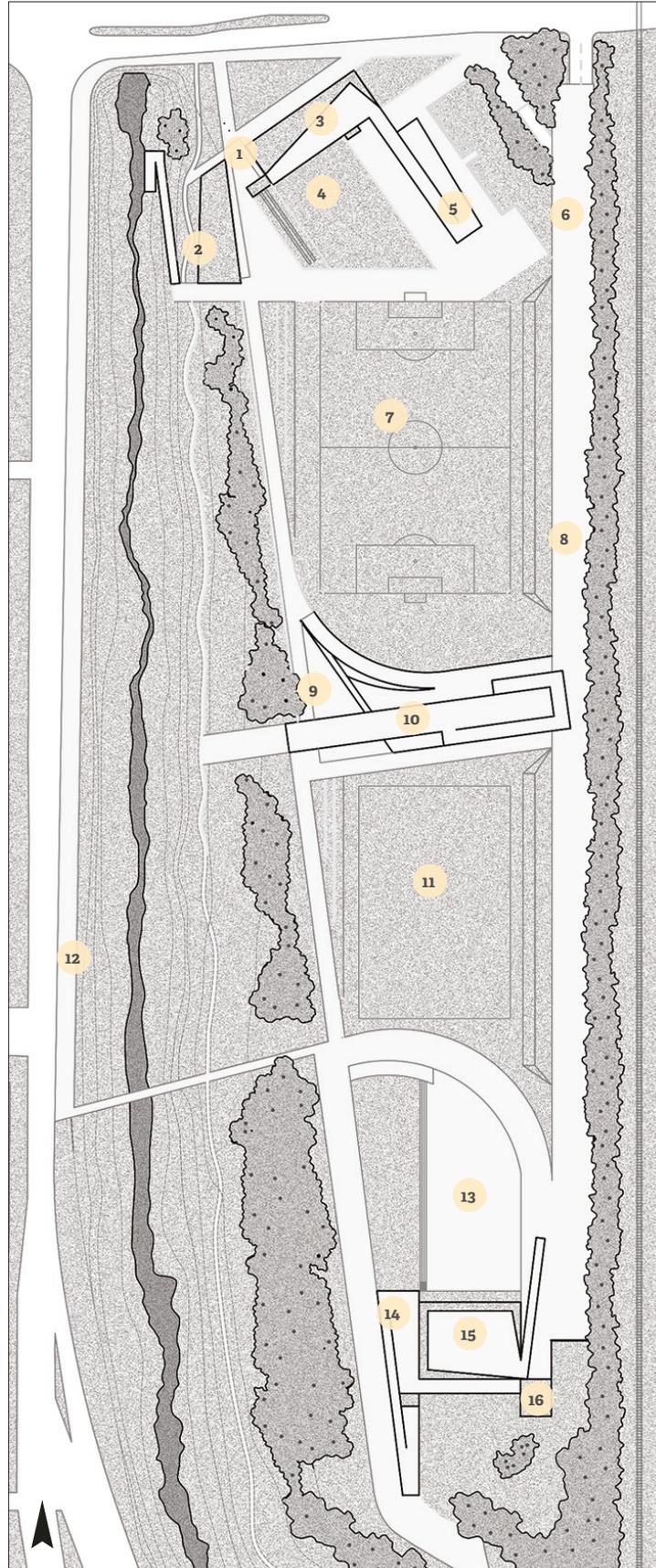


Figure 72 . Site Plan Proposal



Figure 73 . Winter Perspective  
Seasonal Port and Toboggan Slide

Manipulating the land became a gesture to the once desirable landscape. The ramped areas create multiple opportunities for activity and smaller pathways meander through the landscape allowing users to traverse the entire site. Berms on either side of the main path are built up for the pathway to cut through, while the height of the berms block views toward the urban area and allow for moments of rest and play.

The main buildings are separated to engage the site in between, while multiple points of entry allow access to the site from various modes of transportation. The buildings are integrated into the landscape elements to suggest their permanence and rootedness. Framed views borrow from the landscape beyond and encourage visitors to explore the site. These gestures are used to create spaces of social collaboration not only for sport, but theatre, market and exhibition areas to engage the site during different seasons.

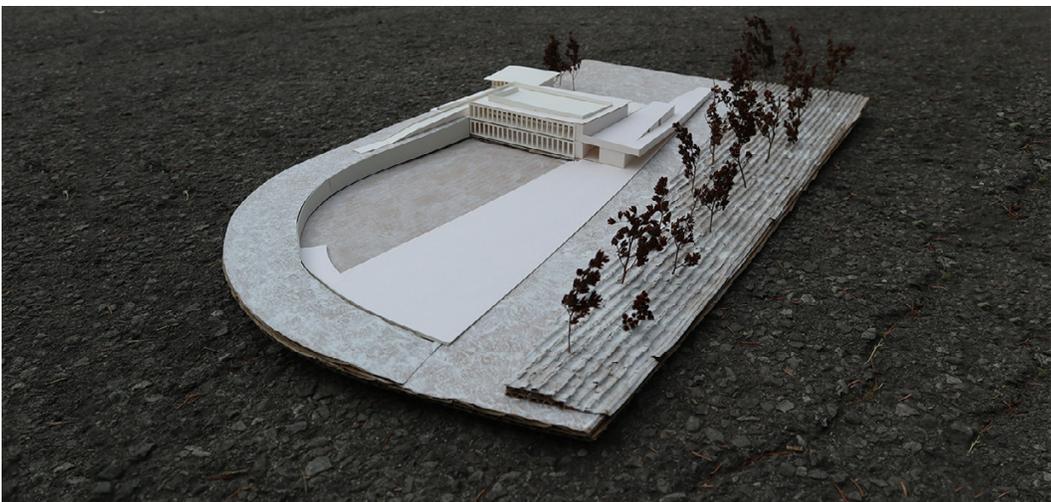
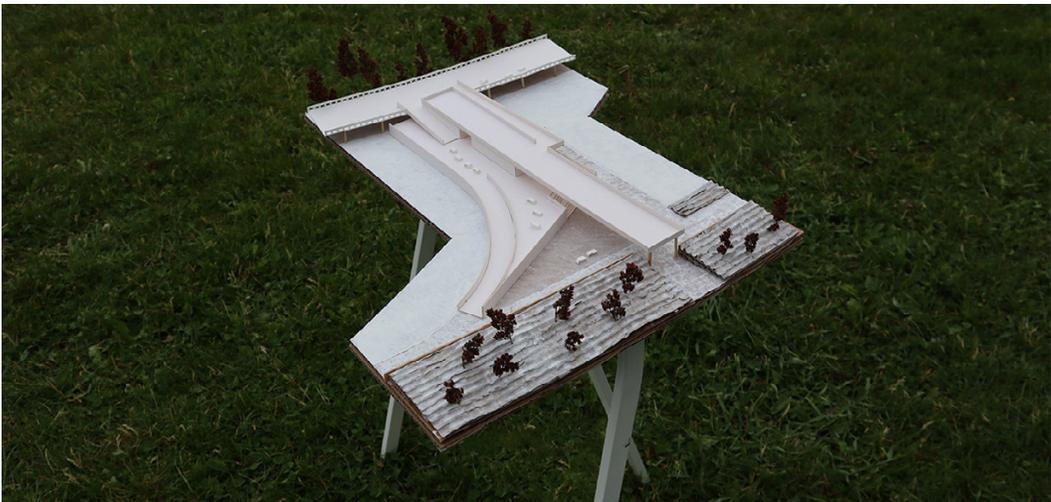


Figure 74 . Seasonal Port and Restaurant  
Figure 75 . Picnic Pavilion  
Figure 76 . The Gymnasium



Figure 77 . Winter Site Section - Seasonal Port

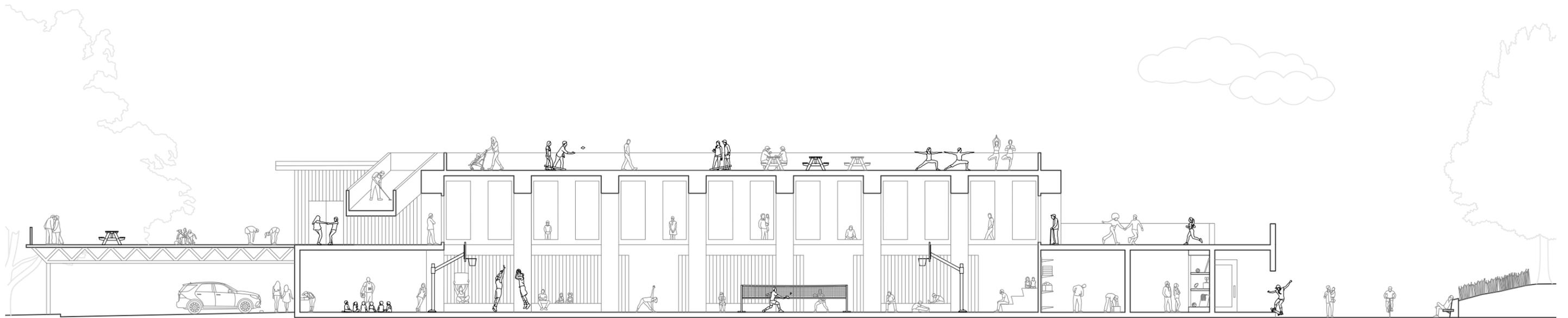


Figure 78 . Summer Site Section - The Gymnasium



Figure 79 . View from the Platform  
Figure 80 . View from the Boardwalk

Located in the middle of the prairies, Winnipeg has a very flat landscape. The gentle rise of each building opens up views and vistas to appreciate the rest of the site below. To engage and promote pedestrian traffic, a boardwalk extending the walkway on the opposite side of the creek invites passersby to rest and learn about the site from afar.

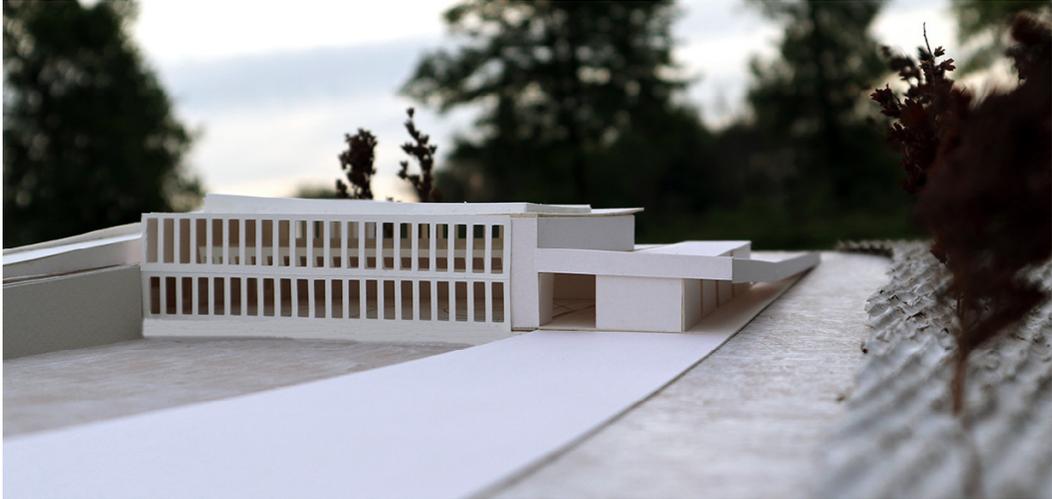


Figure 81 . Approach toward the Gymnasium  
Figure 82 . View toward Seasonal Port Dock  
Figure 83 . South end of the Platform

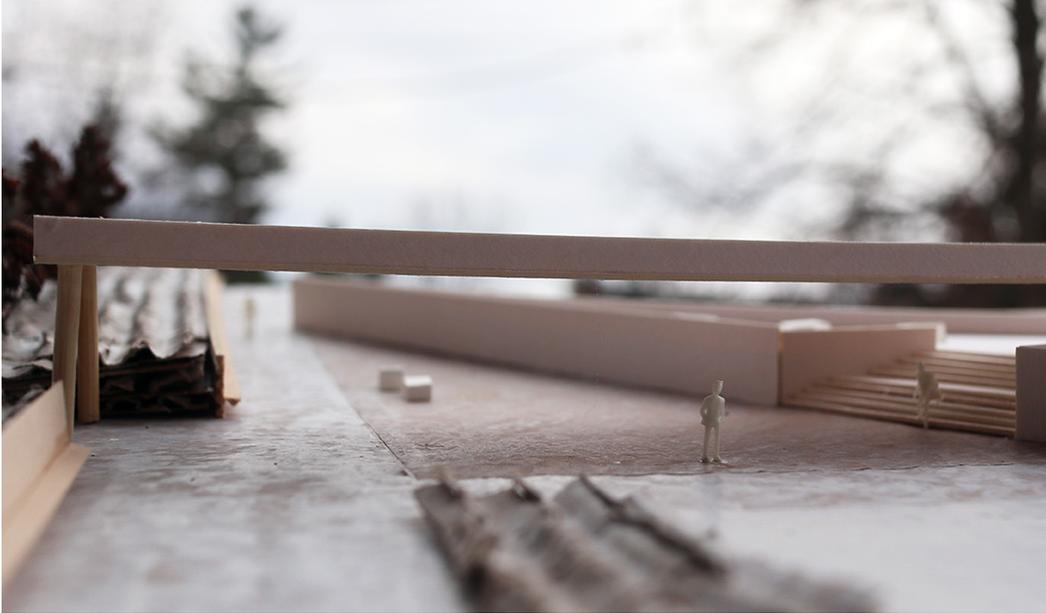


Figure 84 . Intersection at Picnic Pavilion

The main diagonal pathway cuts through the site offering a wide route for active modes of travel. The path connects the buildings and staggers at junctions to break up the route and serve as distance markers for frequent visitors. Incremental distances can assist in setting goals and encourage physical activity in daily routines.

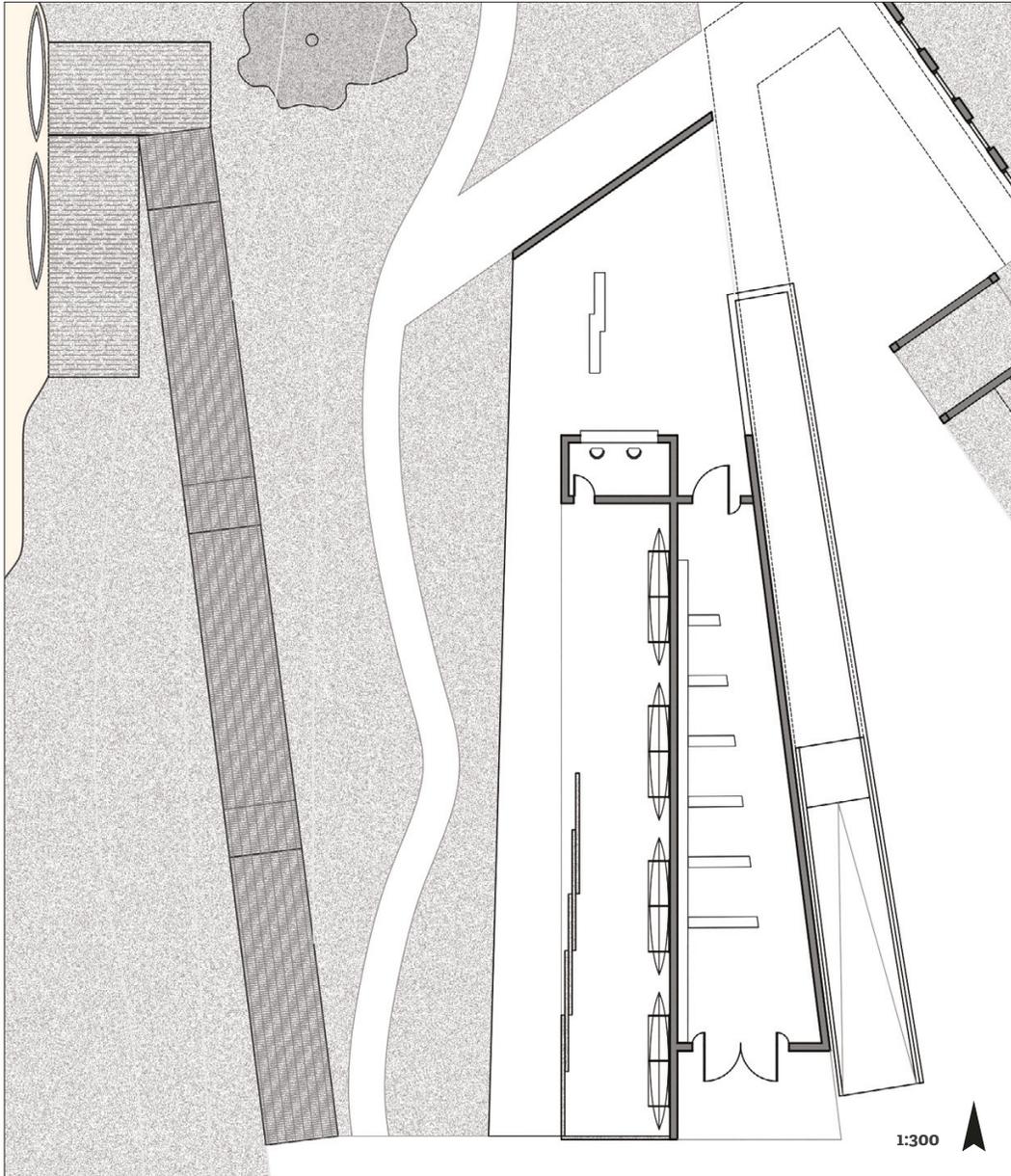
For environmental rehabilitation and physical recreation, the expropriation of the site will turn the land from a sterile urban landscape back to the diverse area that it once was. The site will restore the natural vegetation to continue the local residents' efforts and provide facilities to support recreational activity throughout the year.

#### 4.2 Building Proposals

Each structure concentrates on different aspects of recreation. The building at the north end of the site focuses on how the body traverses the landscape.



Figure 85 . North Buildings



## Seasonal Port

Figure 86 . Seasonal Port Plan

A plaza welcomes visitors approaching the main entryway privileging those arriving to the site without a vehicle to promote alternate forms of transportation over personal vehicles. Canoes, cross-country skis and snowshoes may be borrowed along the creek during different seasons. To communicate the amount of activity to the street, the storage for the equipment is made visible on the west side.

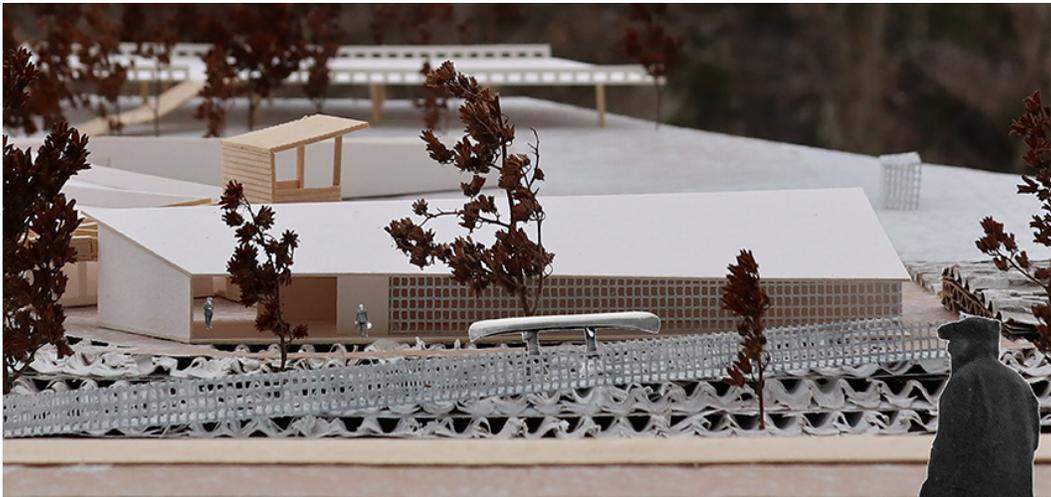
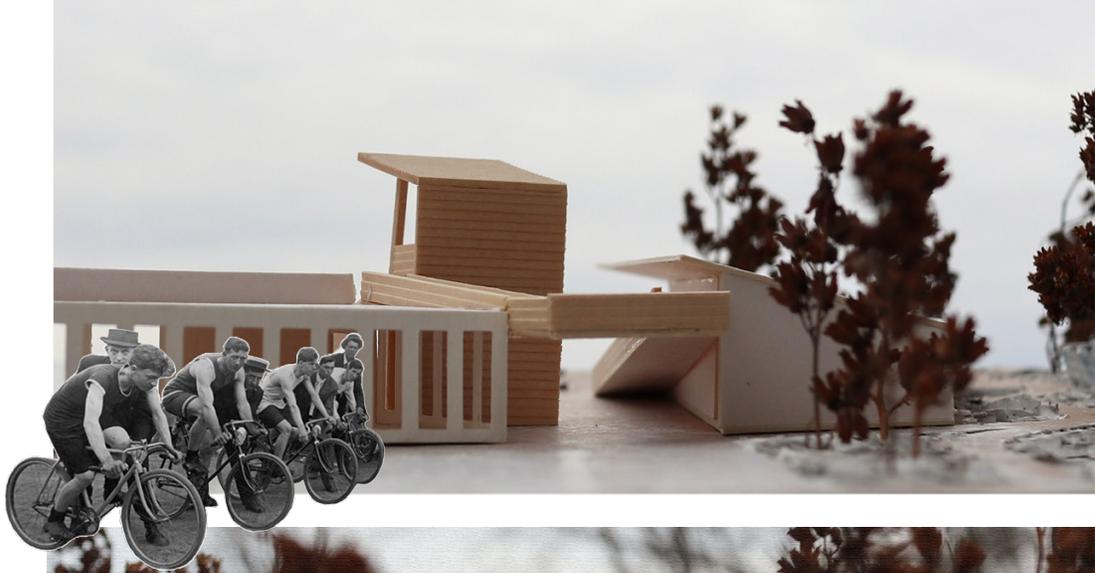


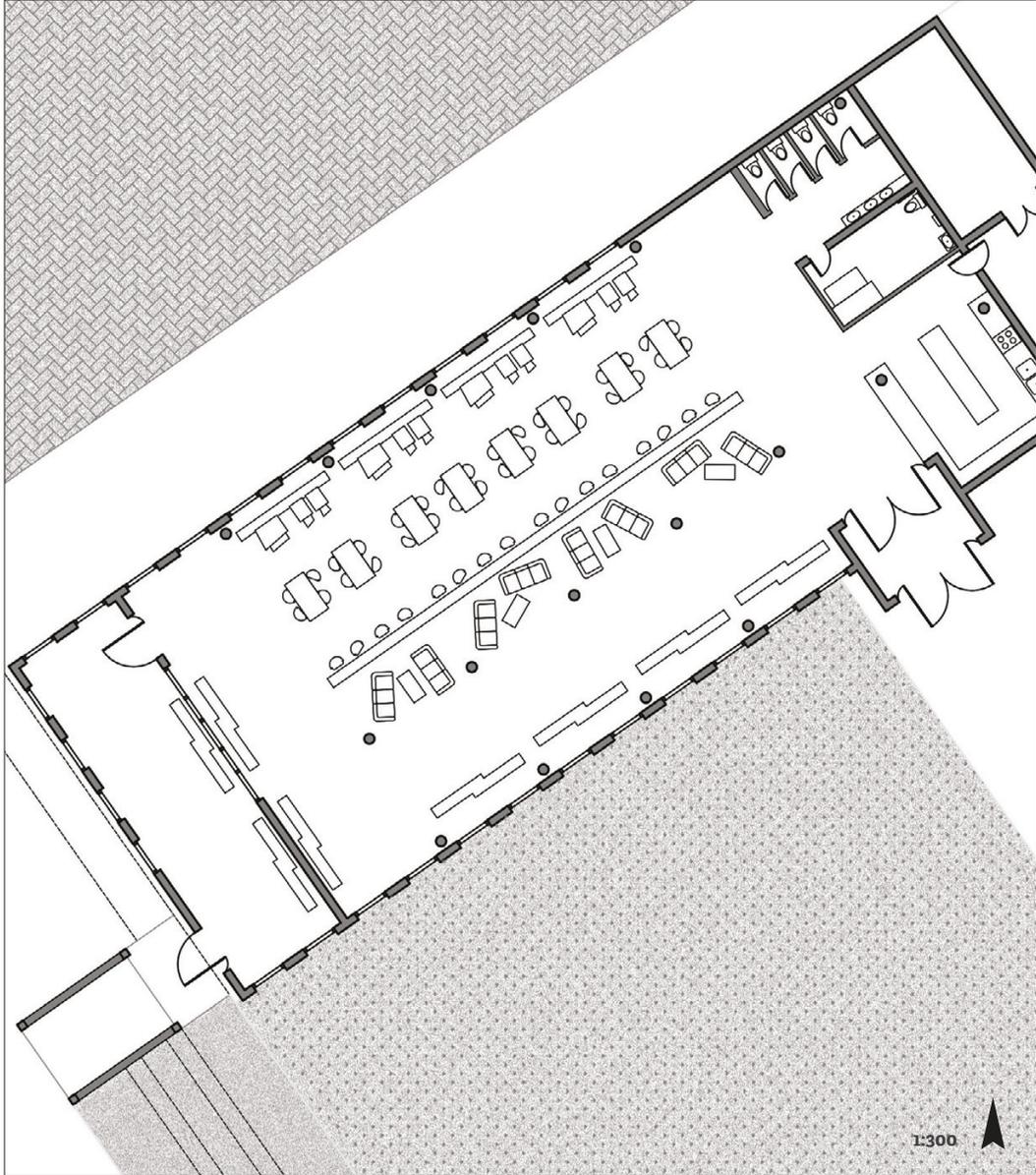
Figure 87 . Entrance Plaza  
Figure 88 . Pathway to Seasonal Port  
Figure 89 . View toward Seasonal Port Storage





Figure 90 . Lookouts and roofscapes

The ramp leading up to the toboggan run connect and exaggerate the movement and activity extending from the building and offer lookout points. An inhabitable roof offers a view toward the rest of the site and respite from the activity below.



**The Restaurant & Cafe**

Figure 91 . Restraurant & Cafe Plan

The restaurant and cafe offer an accessible space for the elderly and parents with young children who may not necessarily take advantage of the entirety of the site, but are still able to enjoy the activity beyond. With the playground situated within view of the seated area, parents are able to visit while keeping an eye on their young ones and the elderly can enjoy the presence of children at play.



**Picnic Pavilion**

Figure 92 . Picnic Pavilion

The first intersection meets the pavilion in the middle of the site and is designed for the nourishment of the body and soul. The pavilion provides a smaller gathering space along the path for an intimate moment of rest and leads visitors up to an open and covered picnic area looking out onto the fields on either side. Concession and restrooms are situated above for spectators, while locker and change rooms for athletes are located below. Various vantage points to both fields allow spectators to wander and enjoy the diverse spaces along the site.

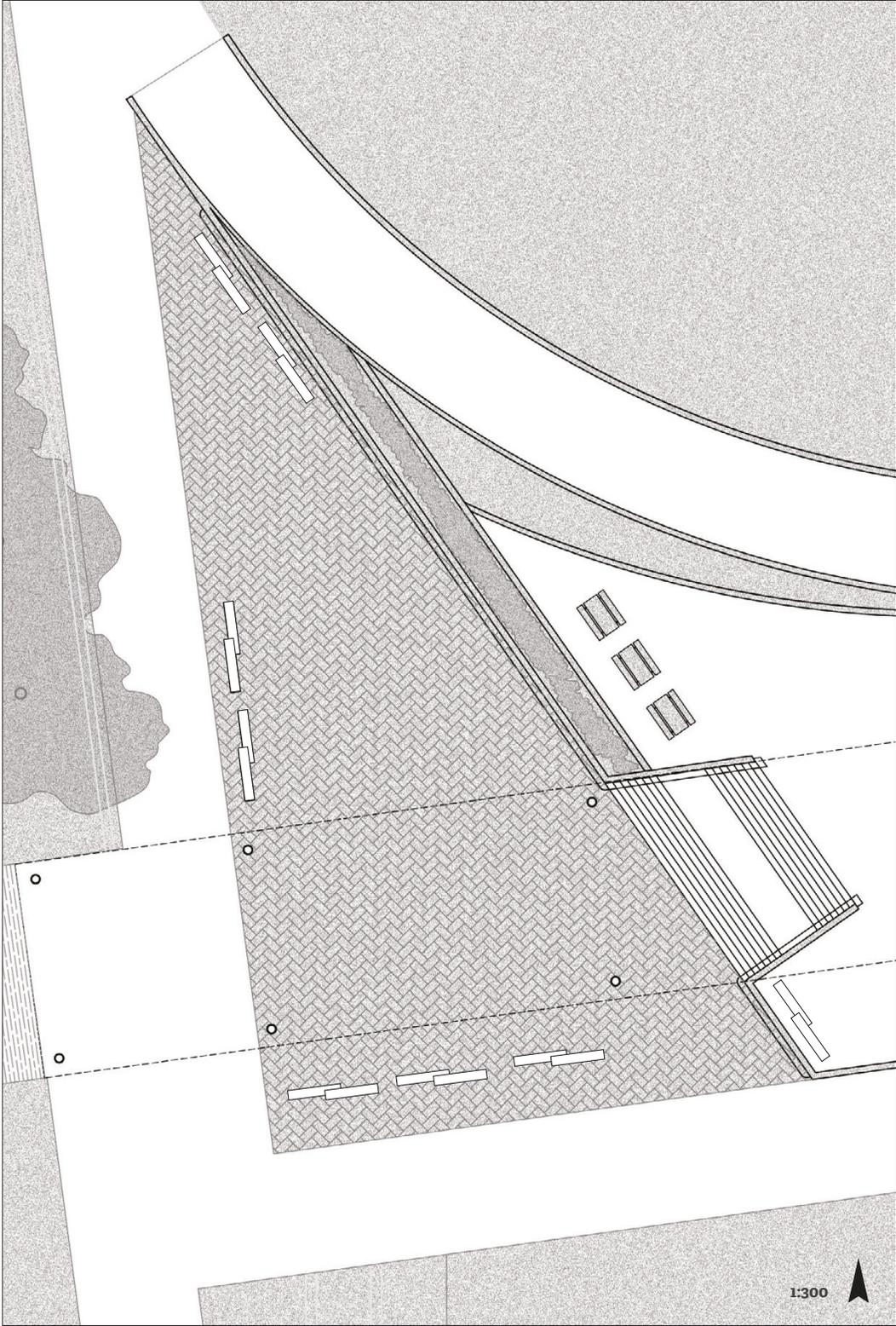


Figure 93 . Picnic Pavilion Entrance Plan

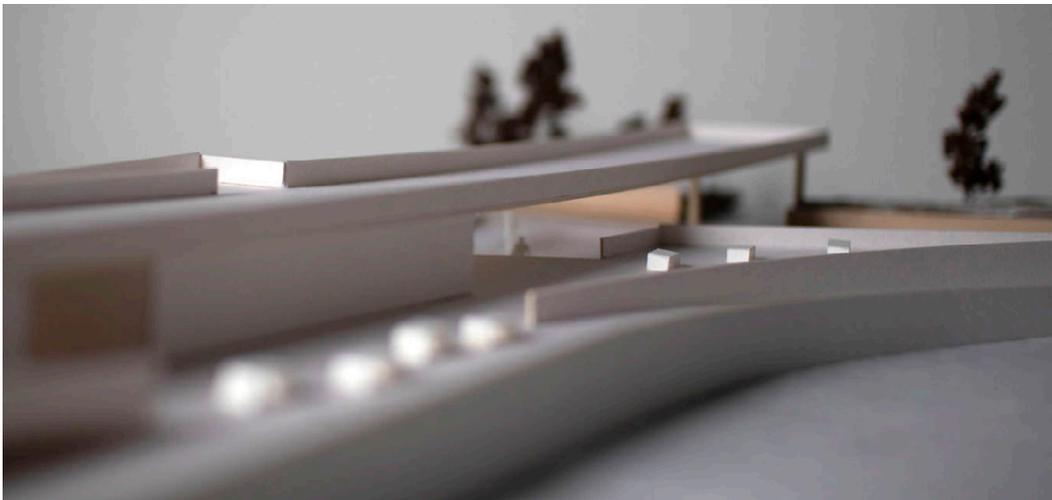
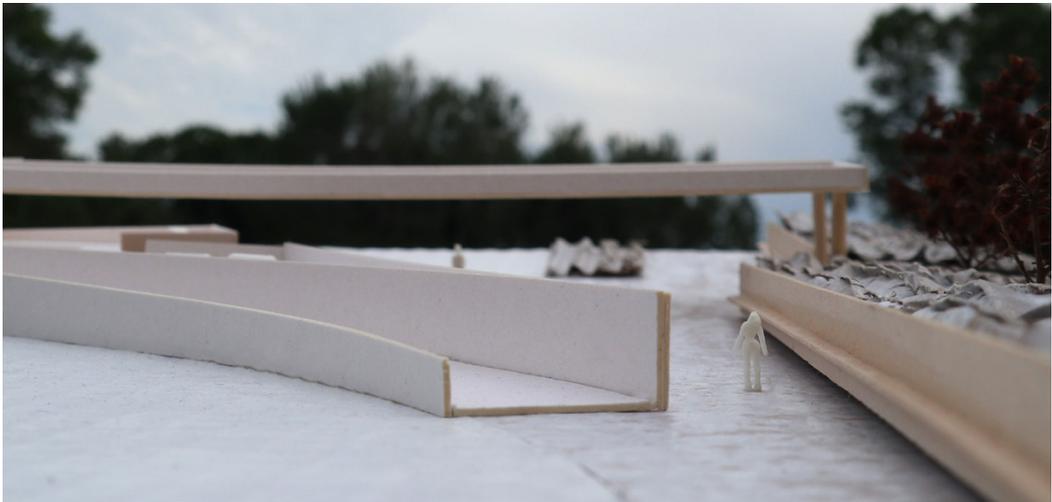


Figure 94 . Picnic Pavilion view from walking path  
Figure 95 . Picnic Pavilion view from main path  
Figure 96 . Picnic Pavilion perspective



### The Gymnasium

Figure 97 . Gymnasium model

The third building, which is based on training the body, is situated at the south end of the site where the velodrome once stood. The path, intersecting the main route, follows the curve of the velodrome's footprint and leads visitors up above the plaza toward the roof of the building, providing views over the site and the surrounding area.

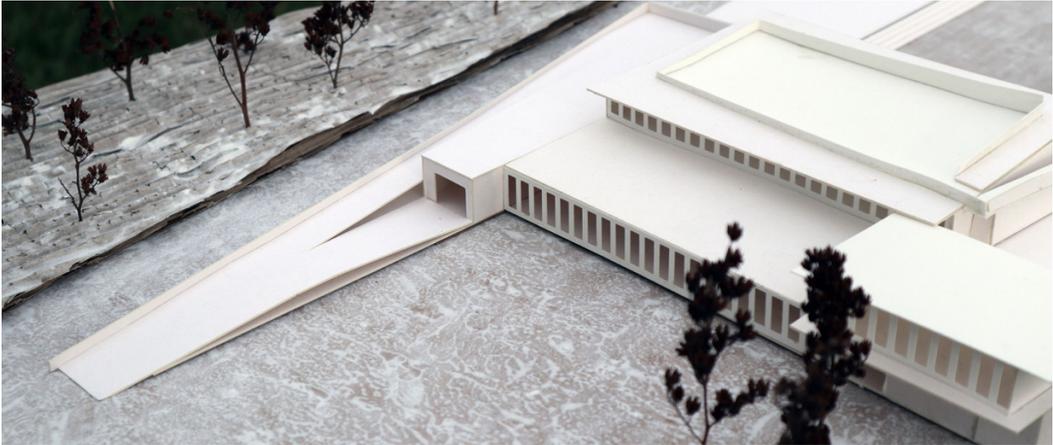


Figure 98 . Gymnasium Plaza  
Figure 99 . South side of Gymnasium

The gymnasium facade is oriented north for natural daylighting without the distracting glare from the sun. Circulation on the interior and exterior of the building encounter different views and experiences along paths of travel with the gymnasium centrally visible.

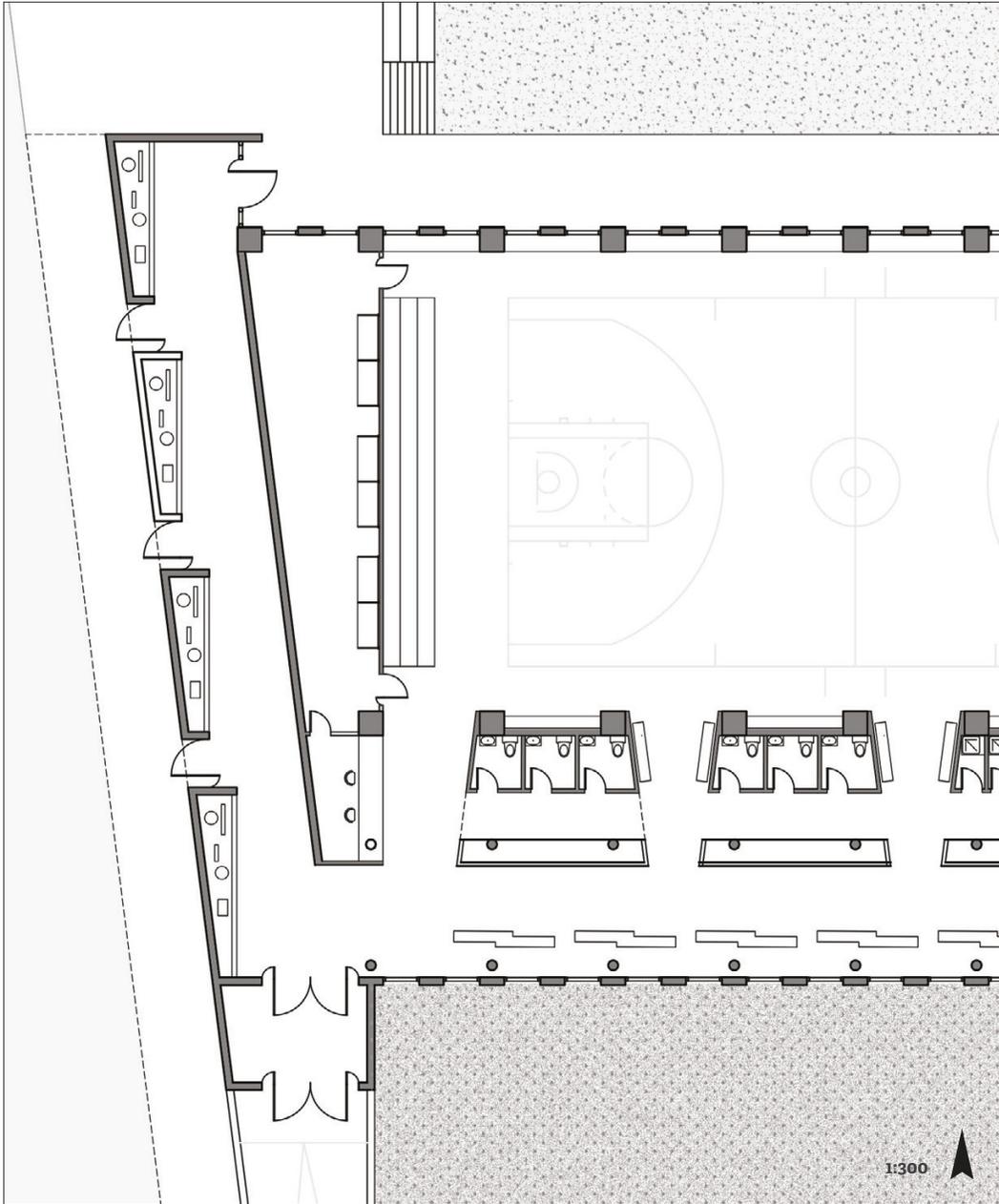


Figure 100 . Gymnasium Plan

The entrance to the building invites visitors to slip through the exhibition area and learn about the rich history of recreation on site. Lockers and changerooms exist as smaller rooms within a larger area, creating a gender neutral social space before and after activity. The transition from activity to rest is encountered with a view toward the natural landscape to the south.



Figure 101 . L.B. Foote, Skating on the Red River at River Park, Osborne Street and Churchill Drive, 1914, Winnipeg.

The project is a reflection of our relationship with the land through physical activity within the growth of urban environments. Developing and maintaining active design in urban areas can not only assist with people's mental and physical health, but can also improve the impact we have on our environment. The project takes the wasted land and returns it to a recreational landscape for the public good in hopes of extending this physical culture toward other arteries of the city.



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\*All illustrations and images by author unless otherwise cited

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Figure 24 . [Tobogganing at Omand's Creek], ca. 1960, Winnipeg Archives, Omand's Creek

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Figure 49 . Site exploration: north view from bridge, December 2019

Figure 50 . Site exploration: south view toward walking path, December 2019

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