

From: Bonny <bonnlass@aol.com>

Sent: Tuesday, May 29, 2018 9:27 AM

To: City Council <citycouncil@hermosabch.org>

Subject: Why do Crossfitters get all the Horsepower? How about Council "NO"-POWER!!

Dear City Council-
Hermosa Beach;

Lt. Michael Murphy was thrown a curve that killed him. Michael is buried in a BOX in Calverton National Cemetery, NY

<https://www.findagrave.com/memorial/11308014/michael-patrick-murphy>

CrossFitters naming an endurance "**Murph**" a nickname for a **CrossFit Memorial Day exercise goes beyond any reference of self-sacrifice**, commercializing the death of **Lt. Michael Murphy, USN, Honor Seal-Awarded MOH** posthumously throughout the CrossFit organizations.

In God's name what are these extreme **Outcritters, MisFitters doing with CrossFitters** as a way to honor a fallen hero? Our National Memorial Day Date changes every year, but the psychology of physical and mental cruelty naming a deadly exercise "**Murph**" should be diagnosed as insanity with cumulative effects, some not even able to redefine a RHABDO RAPE without REASON?

Any female competing in this twisted '**Murph**' **Memorial** needs her estrogen level measured as well as her cerebral cortex. Doing any form of a "**Murph**" exercise, all young women should ask themselves, "Will the end results weaken my body causing the risk of infertility for the rest of my life?"

Who are they going to blame?

Lt. Michael Murphy, if a young woman risks her life and dies in remembrance of him? The only Remembrance of who sacrificed His life so we could live is Jesus Christ.

*Recovering **Rhabdomyolysis sufferers** and the extensive long term damage may be the **death of CROSSFIT** and well it should be!*

In the end the preparation for a CrossFit Battle named for a hero Lt. Michael Murphy,USN, but nicknamed "Murph" after he died, and was laid away in a BOX-forever, illustrates how little CrossFit honors warriors!

There is never self-empowerment dying in war or "Murph" exercises resulting in "Rhabdomyolysis"!

In His grip, Bonny Sisson Stilwell,usNavy Spouse

From: lindsay dangiapo <lindsay.dangiapo@gmail.com>
Sent: Friday, June 8, 2018 11:03 AM
To: City Council <citycouncil@hermosabch.org>
Cc: Mayor Jeff Duclos <jduclos@hermosabch.org>; Mayor Pro Tem Stacey Armato <sarmato@hermosabch.org>; Councilmember Mary Campbell <mcampbell@hermosabch.org>; Councilmember Hany Fangary <hfangary@hermosabch.org>; Councilmember Justin Massey <jmassey@hermosabch.org>
Subject: Crossfit Horsepower

Good Morning,

I'm writing to you in support of Crossfit Horsepower in response to recent complaints made against them.

Crossfit Horsepower is not only a great small business, but a community for people in the South Bay. Let's state the facts. Crossfit Horsepower is in an Industrial Zone. Residents are aware when they move into this area that there is an Industrial Zone next to their property.

Crossfit Horsepower provides a service to the community. For those unfamiliar to the business and who have not taken the time to step into the building and talk to the clients and coaches, Crossfit Horsepower is like no other. This isn't your typical fitness business. They have created a family atmosphere where people of all ages and skills learn how to maintain their health through experienced coaches who care for our well-being. The clients encourage each other and spend time here not to only become healthy but to spend time with other people in the community who they normally wouldn't have gotten to know outside of this establishment.

The benefits of a place like Crossfit Horsepower has no bounds. I am a Resident of Redondo Beach and frequent Horsepower 3+ Days a week. Part of my routine after I visit Horsepower is spending more time in Hermosa which means, I'm visiting other Hermosa small businesses down the street to eat, drink, and play. I've lived in the Southbay bubble for 10 years and have probably spent more money in the small businesses within Hermosa than I ever had since becoming a member of Crossfit Horsepower.

In my late 20's I had heart surgery, both hips replaced and gained over 40+lbs from all the medications I was on. I remember how intimidating Crossfit looked like before experiencing it. It wasn't until I reached a point in my life where I needed to change my unhealthy lifestyle and decided to take a whim on trying something different. It is what saved me from myself. Crossfit did that. It was the people. It was the community that Crossfit provided me.

Crossfit is a popular in the Southbay and not all are alike. I began my Crossfit journey at another location and checked out multiple locations before I chose Crossfit Horsepower as my home. Crossfit isn't cheap. Crossfit memberships are expensive. It isn't your typical \$29.99 monthly special where you go in, take some selfies in the mirror and head on out. There are no mirrors in Crossfit gyms. We come in to build each other up, become strong, and support each other. Not many establishments can offer this type of bond.

I cannot express enough how forcing a small business like Crossfit Horsepower out of the community is a dis-service to Hermosa. If not Horsepower, what next? Another small business

that the neighbors decide is unfit? Living in the Southbay, one is prone to noise and vibrations. We live in an area where people are consistently re-modeling, building new homes and deal with early construction throughout the day, but a lot of us deal with it because we love where we live.

Crossfit Horsepower has tried to reduce the noise. The employees are constantly reminding us to be mindful of our neighbors. They have re-arranged the property to reduce the vibrations. They have invested in pads to absorb the impact of weights and noise.

It's an unfortunate situation and I stand to support Crossfit Horsepower.

Best regards,

Lindsay Dangiapo

From: Bonny <bonnlass@aol.com>

Sent: Tuesday, June 12, 2018 8:44 AM

To: ryan.martin@indystar.com

Cc: matthew.mckinney@wrtv.com; graham.hunter@wrtv.com; Councilmember Justin Massey <jmassey@hermosabch.org>; Mayor Jeff Duclos <jduclos@hermosabch.org>; Mayor Pro Tem Stacey Armato <sarmato@hermosabch.org>; Councilmember Mary Campbell <mcampbell@hermosabch.org>; Councilmember Hany Fangary <hfangary@hermosabch.org>

Subject: CROSSFIT=MisFits

Dear Ryan; I thought you should read this message which I sent to the Hermosa's Beach City Council. There is a Council meeting scheduled for the purpose of addressing the ongoing disturbances of this CrossFit Horsepower Gym. I must add that Justin Massey is a CrossFitter! I say close all of them because of their extreme sadistic exercises with pain and the health risks.

Bon'

<https://www.wxyz.com/news/national/members-leave-downtown-indianapolis-gym-after-planned-pride-themed-workout-is-canceled>

Dear Councilman Massey,

“Life throws you curves. I’m just glad that I know how to hit that one out of the park.”

Justin Massey

CrossFit is more than it appears to be. It's a CULT nationwide Using all the mind-control devices from the Manson Family, to Beatniks, Hippies, Hare Krishna, Flower- Power, Moonies, Jonestown, EST, Esalen, and the Stanford's Hoover Vacuum!

Lt. Michael Murphy was thrown a curve that killed him. Michael is buried in a BOX in Calverton National Cemetery,

<https://www.findagrave.com/memorial/11308014/michael-patrick-murphy>

CrossFitters naming an endurance "Murph" a nickname for a CrossFit Memorial Day exercise goes beyond any reference of self-sacrifice, commercializing the death of Lt. Michael Murphy, USN, Honor Seal-Awarded MOH posthumously throughout the CrossFit organizations nationwide!

In God's name what are these extreme Outcritters, MisFitters doing with CrossFitters as a way to honor a fallen hero? Our National Memorial Day Date changes every year, but the psychology of physical and mental cruelty naming a deadly exercise "Murph" should be diagnosed as insanity with cumulative effects, some not even able to redefine a RHABDO RAPE without REASON?

Any female competing in this twisted 'Murph' Memorial needs her estrogen level measured as well as her cerebral cortex. Doing any form of a "Murph" exercise, all young women should ask themselves, "Will the end results weaken my body causing Rhabdomyolysis or risk infertility or hormone imbalance, for the rest of my life. Who are they going to blame

Lt. Michael Murphy, USN R.I.P., if a young woman risks her life and dies in remembrance of him? The only Remembrance of who sacrificed His life so we could live was Jesus Christ.

Recovering Rhabdomyolysis sufferers and the extensive long term damage may be the death of CROSSFIT, and well it should be! The Principle cause is from depleted energy levels in the cells. If the cells lack the energy to perform necessary functions such as maintaining the electrolyte balance, the cell walls are injured and leak. This is the type of muscle breakdown seen after extreme exercise. The cause is referred to as “exercise-induced” and “exertional” RHABDO.

In the end the preparation for a CrossFit Battle named for Hero **Lt. Michael Murphy,USN**, but nicknamed "**Murph**" after he died, and was laid away in a BOX- forever, illustrates how little CrossFit Honors Warriors! There is never self-empowerment dying in a war or Dishonoring with "**Murph**" exercises resulting in "*Rhabdomyolysis*"!
In His grip, Bonny Sisson Stilwell

From: Kelly Cunningham <KLCunningham@manhattan.k12.ca.us>
Date: June 29, 2018 at 9:57:13 AM PDT
To: "citycouncil@hermosabch.org" <citycouncil@hermosabch.org>, "jduclos@hermosabch.org" <jduclos@hermosabch.org>, "sarmato@hermosabch.org" <sarmato@hermosabch.org>, "mcampbell@hermosabch.org" <mcampbell@hermosabch.org>, "hfangary@hermosabch.org" <hfangary@hermosabch.org>, "jmassey@hermosabch.org" <jmassey@hermosabch.org>
Cc: "cunnin26@gmail.com" <cunnin26@gmail.com>
Subject: Support for CrossFit Horsepower Hermosa

Dear Hermosa Beach Council Members,

I'm writing you as a Hermosa Beach local and a member of CrossFit Horsepower to show my strong support for my gym (CrossFit Horsepower) before the July 10th hearing.

Despite being located in an industrial zone, where one could expect a business to be successful and prospering, CrossFit Horsepower has been the target of complaints. Horsepower has tried tirelessly to accommodate in every way.

Like any good neighbor, we (the members of) CrossFit Horsepower, have gone out of our way to accommodate the complaints: we aren't allowed to drop the weights, we always use pads and mats under our small weights, they have been keeping our music down during the workout and we don't run outside. We did all of this in good faith, despite being in an industrial zone, just so we can be good neighbors. Regardless of all of our changes and major efforts to be friendly and accommodating neighbors, the people complaining just want to shut us down.

Shutting us down is a harsh and irrational solution to a respectful business that many of us call our 2nd home. We treat the neighbors, neighborhoods, and the area with respect because we are locals ourselves. We have Hermosa pride through and through and we support our local businesses as much as possible. We have been locals for 6 years and work in the community as well. Kelly is an educator in the local school system.

CrossFit Horsepower is not a public nuisance. It provides a valuable service to me and to Hermosa Beach, encouraging people to maintain a healthy lifestyle and doing so in a supportive, community-based setting. Declaring CrossFit Horsepower a "public nuisance" would not only disrupt its activities, it would disband a passionate community dedicated to self-improvement. CrossFit horsepower is a small business that encourages community and friendship and brings Local residents closer.

CrossFit Horsepower has worked to address the concerns of its neighbors and has implemented rules to do so. I strongly urge you to vote against declaring CrossFit Horsepower a "public nuisance."

Sincerely,

Myke and Kelly Cunningham
1600 Ardmore Ave
Hermosa Beach, CA
90254

Kelly Cunningham (Donovan)
Math Teacher
Mira Costa High School
KLCunningham@mbusd.org
mchscunningham.weebly.com

From: "Laura B. Schuler" <lauraschuler@gmail.com>

Date: June 29, 2018 at 11:33:51 AM PDT

To: citycouncil@hermosabch.org

Subject: July 10 City Council Meeting - CrossFit Horsepower...

Dear Hermosa Beach Councilmembers,

I'm writing as your constituent and as a member of CrossFit Horsepower to express my strong support for CrossFit Horsepower in advance of your July 10 hearing.

Despite its location in a light manufacturing (M-1) zone, where one would expect extraneous noise, CrossFit Horsepower has been the target of complaints citing it as a "public nuisance." One nearby resident is the source of most of the complaints, and he has recruited his friends and neighbors in lobbying to declare CrossFit Horsepower a "public nuisance."

I live two streets away from CrossFit Horsepower and have never experienced any noise or vibrations that other residents complain about. I bike to every class and every time I lock up my bike in front of the Horsepower building it's like the building is empty even though there are several members working out inside. That said, I do experience a lot of noise and vibrations from the multiple construction projects that are happening on Loma Dr between 6th and 8th St.

Like any good neighbor, CrossFit Horsepower and its members tried to accommodate the few residents who voiced their complaints: we don't drop weights, we increased our use of pads & mats, we've changed our programming, we changed our class times, we decreased the sound levels of our music/bass, we keep the doors closed and we ceased running outside. We heard their concerns and earnestly addressed them. We did all of this in good faith, despite our zoning status, in the interest of maintaining harmony.

CrossFit Horsepower is not a "public nuisance." CrossFit Horsepower provides a valuable service to me and to Hermosa Beach, encouraging people to maintain a healthy lifestyle and doing so in a supportive, community-based setting. Declaring CrossFit Horsepower a "public nuisance" would not only disrupt its activities, it would disband a passionate community dedicated to self-improvement.

CrossFit Horsepower has a sister gym in Studio City and several instructors work at both locations. When these instructors teach at the Hermosa Beach location they often stay for a while and visit the beach, restaurants, and retail shops. What I love so much about Hermosa is that we have many unique places for both residents and visitors to support. In the three short years I've lived in Hermosa I've seen plenty of places close from not enough business. Any small business that brings visitors to spend money at our local establishments is a win for Hermosa Beach.

I always try to exercise discretion with where I spend my money. It's important to me to support small business with every dollar I spend and I purposefully choose to support artists, makers, small businesses, and local establishments over any chain or big name box store. I would strongly dislike to have to give my money to a large chain like 24 hour fitness instead of supporting a local business like CrossFit Horsepower. Please consider the benefits both financially and with regards to the self-improvement of residents of Hermosa Beach during the next city council meeting.

In summary, CrossFit Horsepower has worked to address the concerns of its neighbors and has implemented rules to do so. I strongly urge you to vote against declaring CrossFit Horsepower a "public nuisance."

Kind Regards,

Laura Schuler
626 Sunset Dr
Hermosa Beach, CA 90254

--

Laura Schuler
lauraschuler@gmail.com

From: Amanda Roche <asr317@gmail.com>

Date: July 2, 2018 at 11:50:45 AM PDT

To: citycouncil@hermosabch.org

Subject: Hermosa Beach resident

Dear City Council

I am writing to you as a proud member and neighbor of CrossFit Horsepower in Hermosa Beach, CA. I live on the residential side of Hermosa on 8th and Manhattan, just blocks away from our gym. Although I am not directly next to the gym I still can't understand the many complaints we get from our neighbors, when we are constantly hearing loud music and construction all day. We live in a very tight neighborhood so we are always hearing some disturbances, but the difference between our gym and the rest of the disturbances is that the latest we are open is only until 8 P.M Monday -Thursday. Whereas all the loud music and what not we hear goes on all hours of the day and night. We are also in a manufacturing (M-1) Zone, where we should be allowed to operate as a normal CrossFit gym, but unfortunately our neighbor has built homes so closely to our building resulting in these "public nuisance" complaints. CrossFit is a community of progressive and passionate people who want to live life to the fullest. We thrive in a group setting through the camaraderie, the welcoming environment and constant positivity we feed off to each other. I am so passionate about this gym, it is what I look forward to everyday, but not just for the workouts, but for the community in which it has built. We have done so much to accommodate our neighbors from using drop pads for everything, shutting our doors, keeping the music low, changing our programming and even rearranging our whole weight lifting areas. Most importantly, ever since I joined in August it was always stressed that this is a No Drop Zone, which we all do a great job of respecting this major rule at our gym. We have heard their concerns and addressed them promptly with these solutions but we would also like to function as a normal CrossFit gym. We are NOT a "public nuisance", we are a community who welcomes everyone and provides a meaningful service to people like me and to Hermosa Beach by encouraging a fun and healthy lifestyle, and we cannot do this without the support of our community. Declaring CrossFit Horsepower a "public nuisance" would not only stop us from doing what we love, where we love, but it will also devastate its members. This letter is to give you a better understanding of what our gym truly means to its members and despite all our efforts some residents seem intent on closing our gym.

As a proud member and Hermosa Beach resident I strongly urge you to vote against CrossFit Horsepower as a "public nuisance".

Sincerely

Amanda Roche

702 Manhattan Ave, Hermosa Beach California
90254

From: Adam Silverman <adamattersilverman@gmail.com>

Date: July 2, 2018 at 10:28:26 PM PDT

To: citycouncil@hermosabch.org, jduclos@hermosabch.org,
sarmato@hermosabch.org, mcampbell@hermosabch.org, hfangary@hermosabch.org,
jmassey@hermosabch.org

Subject: CrossFit Horsepower- Public Nuisance Complaint

Hello,

My name is Adam Silverman and I am a resident who lives on Loma Drive in Hermosa Beach. I wanted to make sure that as one of your constituents, I voiced my support for CrossFit Horsepower.

I know that there are certain facts in this dispute that both sides are claiming. I am not writing this email to deny that there are a handful of residents complaining about noise and vibrations. What I am writing this email for is to explain the impact that CrossFit Horsepower has had on my life in Hermosa Beach and the steps that its management and members have taken to be a cohesive part of the Hermosa Beach community.

I moved to Hermosa over a year ago from Philadelphia and did not know a soul. While I became a part of the surfing community and attended events, for nearly a year, I felt that I was missing the community support that I felt so many others had in this city. Nearly two months ago, I took a flyer on joining CrossFit Horsepower. To be honest, I had negative stereotypes of "Crossfitters" and thought it would be a short lived experience. However on the first day I noticed two primary things:

First, before the class started, Justin (one of the coaches) discussed with me some of the rules that had been put in place to appease a few unhappy neighbors. Although coming to and from the gym, I never heard any excessive noise, I appreciated that the gym would go out of their way to be cognizant of the likes and wishes of all of their surrounding community. One of my favorite classes, CardioFlex, originated from management thinking outside the box to create a class that was still stellar, but involved less weight and therefore any opportunity for loud noises/vibrations.

Secondly, I immediately noticed the sense of community that I had longed for since moving to Hermosa Beach. There were all sorts of people but they all seemed to have a smile on their face and seemed to know each others names. I know knowing someone's name doesn't seem that groundbreaking, but even after a year of living in Hermosa, I knew only a handful of peoples names I surfed with. For a first timer it got me excited for what it could be like to be a part of the CrossFit Horsepower community.

It has now been a couple months since that first day and I am happy to say that I feel a part of the Horsepower community and just as importantly, the Hermosa Beach Community. I still surf regularly and dine at the pier, but I can't imagine my day to day without CrossFit Horsepower. I really hope that the council can understand just how important that gym is and how much they/we have done to remain a part of the community. I look forward to attending the hearing on July 10th, but please feel free to reach out to me prior with any questions.

I appreciate all you do for this community,

Adam Silverman
1090 Loma Drive
Hermosa Beach 90254
602-881-3050 (c)
562-522-8679 (w)

From: Luc Esmerit <luc.esmerit@gmail.com>

Date: July 4, 2018 at 7:00:49 PM PDT

To: citycouncil@hermosabch.org, jduclos@hermosabch.org,
sarmato@hermosabch.org, mcampbell@hermosabch.org, hfangary@hermosabch.org,
Jmassey@hermosabch.org

Subject: Hermosa Beach City Council Meeting - July 10th - Support to Crossfit HorsePower

Dear Council Members,

On this particular day, July 4th, commonly associated with family reunion and political speeches, I would like to raise my voice to support CrossFit HorsePower in regards to the upcoming public hearing on 'public nuisance'.

With this simple email, I would like to share what CrossFit represents for us, not only for members of CrossFit HorsePower but for more than 4 million people across the World.

So many people reduce CrossFit to an elite fitness programme but in reality, Crossfit is much more than that. For its members, Crossfit HorsePower represents family, laughter, community and - very importantly - health.

Some of us just enjoy Crossfit for its ability to provide overall wellness and foster people from all ages and social backgrounds to bond and grow together. However, for many of us, Crossfit is also the only way to fight against anxiety, lack of self-confidence, diabetes, obesity, decrepitude and loss of independence. This is how we take control of our personal physical and mental health, which is certainly one of the most precious gift of Life.

Of course, CrossFit Horsepower also positively impacts surrounding businesses as more than 100 members tend to hang around for groceries, shopping, dining, etc..

We are aware of the few neighbors complaining, and as respectful citizens we have already made significant concessions and done everything possible to eliminate excessive noise (no dropping weights policy, keeping music volume low, keeping doors closed, limiting the number of classes, using noise reducing mats etc..).

As one of the only Crossfit facilities in South Bay, we must keep Crossfit HorsePower open and therefore urge Council members to support CrossFit HorsePower in advance of the hearing.

Sincerely yours,

Luc Esmerit & Sule Yurdakul
(Manhattan Beach residents)

From: Grant Leeds <grantleeds@gmail.com>

Date: July 5, 2018 at 2:26:37 PM PDT

To: citycouncil@hermosabch.org, jduclos@hermosabch.org, sarmato@hermosabch.org, mcampbell@hermosabch.org, hfangary@hermosabch.org, jmassey@hermosabch.org

Subject: Crossfit Horsepower

Dear Council Members,

I am writing to express my strong support for CrossFit Horsepower in advance of the July 10th hearing. I have been a Hermosa Beach resident for 15 years and a member of this gym for the last 3 years. It's been an important part of my overall routine in maintaining a healthy lifestyle over the last few years. I have a great appreciation for the extraordinary coaches, sense of community and strong comradery that exists at this gym. This is something I've severely missed since separating from the Air Force in 2007 and I've been pleased to find it here at CrossFit Horsepower.

I understand that there have been complaints from a few of the neighbors in close proximity to the gym and they are claiming it's a public nuisance. I am very familiar with this industrial area as I rented an apartment at 634 Loma drive directly next to the industrial park for over 2 years. When you move to this area you know there's an industrial park next to you and there's potential for noise; it could be from car alarms being tested, J&B plumber trucks shooting up and down the street, construction of the E&B building at 555 6th St, the oil drilling site that was voted down by the town, etc.

In an effort to be a good neighbor I know the gym has made concessions to minimize the noise which includes no weights during the early classes (which I attended for a year, it's now a cardio class), a rule that prohibits dropping weights, use of pads when lowering weights, lowered music levels, no outside running, and on.

Crossfit Horsepower has shown it's willing to make adjustments to its operations in order to maintain a good relationship with its neighbors even though it's in a correctly zoned location. This gym is not a public nuisance and I strongly urge you to vote against declaring Crossfit Horsepower a "public nuisance".

Thank you for your time!

Respectfully,

Grant Leeds