

7/10/18 AGENDA, ITEM 5b - NUISANCE ABATEMENT OF PROPERTY AT 725 CYPRESS
SUPPLEMENTAL EMAIL SUBMITTED BY RYAN FONG TO THE CITY COUNCIL ON 7/6/18 AT 5:23 P.M.

From: Ryan Fong <ryanfong@usc.edu>

Sent: Friday, July 6, 2018 5:23:18 PM

To: City Council; Mayor Jeff Duclos; Mayor Pro Tem Stacey Armato; Councilmember Mary Campbell; Councilmember Hany Fangary; Councilmember Justin Massey

Subject: Vote in Favor of Crossfit Horsepower

Dear Hermosa Beach City Council Members,

I am writing to you in regards to the upcoming hearing on Crossfit Horsepower. I am a Crossfit Horsepower member and wish to support Horsepower and defend it against the accusations that it is a "public nuisance."

Over the years, Horsepower has constantly given concessions to appease our neighbors. We have stopped running in the streets, despite the existing double standard that high school track and cross-country teams run on a regular basis during the school year. We have even stopped running to the corner of our small back parking lot because of the complaints! Outdoor workouts used to be a regular occurrence, but have ceased to be programmed.

Ever since I have started working out at Horsepower, we have had a "No Dropping Weights" policy. We have always used pads and mats to dampen the sounds and vibrations caused by our equipment. We have moved the equipment further away from the neighbors behind us in an attempt to stop the complaints.

When playing music, we have decreased the volume and turned off the bass to stop unwanted vibrations as well as closed the doors to the gym to limit the music escaping from the gym, despite how hot the gym becomes during a workout.

Horsepower has altered the programming in an attempt to appease our neighbors, so much so that the gym is risking losing more clients because they are unhappy with the lack of heavy weights in the current programming and inability to drop weights from a safety standpoint, deeming the gym should not even be considered Crossfit! Horsepower only schedules cardio-based classes during early morning, not Crossfit classes, which does not use heavy weights.

The neighbors who have been constantly submitting complaints are being unreasonable and, in my opinion, malicious. The current programming has just about removed the chance of dropping weights and the fact that our neighbors continue to call and complain about so-called "noise" is frankly a farce and unsettling how far they are willing to go to have the gym labeled a "public nuisance."

The neighbors are living next to an M-1 light manufacturing zone with other businesses, such as the surfboard shop and an auto body shop, and the expectation of complete silence is unrealistic. In addition, they live next to 8th Street, which is a relatively busy public street, especially when the gym and homes are so close to the beach and other attractions. Furthermore, Horsepower replaced a dilapidated auto mechanic business, which, I would imagine, would cause even more disturbance than a gym.

I also dispute the authenticity of these complaints on the basis that in 2015 these same neighbors complained about the gym and were asked to place vibration meters in their homes but did not participate.¹ Also, if one looks closely at the log of complaints, it becomes apparent there are inconsistencies with the entries. For example, there are multiple complaints when the gym is closed, including right after lunch from 1 PM to 4 PM or on Sundays before the gym even offered Sunday classes! There are also complaints during cardio classes, which do not use heavy weights!

I strongly disagree with labeling Horsepower as a "public nuisance." It has brought together people (many who live locally in Hermosa Beach or Redondo Beach, but there are members who come from Studio City and Hollywood to Long Beach and everywhere between to work out) from all walks of life

who would be strangers in any other circumstances and created an incredible community. Horsepower community has become our second family because we have bonded over difficult workouts and our drive to improve to become our best selves. I have witnessed remarkable, life-changing transformations within the walls of Horsepower, from members rehabbing a chronic injury or becoming fitter by losing weight or gaining muscle or even as simple as gaining confidence. If anything, Horsepower is one of the best things in our lives.

Personally, I am in the best shape of my life and found a new lifetime hobby. Crossfit has given me new found self-confidence and cannot believe how much I have been able to learn and do since I started doing Crossfit at Horsepower. I have become close friends with many of the members. They are extremely friendly and have accepted me into their group with open arms. Our group of friends spends a lot of time both inside and outside the gym, doing things like going to the beach or local Hermosa bars and restaurants after working out or celebrating someone's birthday. Although I live in Torrance, I have worked in the South Bay area and joining Horsepower has allowed me to network within the gym, many of whom work in the area. Although most of the time the workouts we do are difficult and exhausting, I look forward to going to Horsepower, whether it is after work or on weekend mornings. Horsepower has given me an outlet to blow off steam as well as a sense of accomplishment by completing the workout.

Horsepower has benefitted the community and participated in the Beach Cities Health District free fitness initiatives. This includes offering free cardio classes to residents on Saturday mornings during the summer or volunteering to be a stop during a gym crawl. Members of the gym have participated in fundraisers, most recently for one of our coaches who is currently battling leukemia. Horsepower also attracts athletes from out of town to drop-in to work out, giving local businesses an opportunity to attract more customers to their stores or restaurants.

Crossfit Horsepower has worked hard to implement changes to reduce its impact on its neighbors and any more concessions on Horsepower's behalf is both unfair and unrealistic without destroying the grassroots community it has worked so hard to build. It is my recommendation that you vote against declaring Horsepower a "public nuisance" based on business it and its members bring to Hermosa Beach, how Horsepower empowers its members regardless of background to become healthier and fitter, and Horsepower's participation in free fitness initiatives for South Bay residents. I also urge you to put an end to the harassment at the hands of Horsepower's neighbors, whose claims are dubious, at best, and inconsistent, especially when taking into account their refusal to participate in past vibration studies.

Sincerely,

Ryan Fong

2300 Maple Ave #160, Torrance, CA

90503

¹Easy Reader News. April 30 2015. <https://easyreadernews.com/hermosa-beach-city-prosecutor-building-case-against-crossfit-gym/>