

# New eComment for City Council Meeting (Closed Session - 6:00 PM and Regular Meeting - 7:00 PM)

Marlin Rodriguez submitted a new eComment.

Meeting: City Council Meeting (Closed Session - 6:00 PM and Regular Meeting - 7:00 PM)

Item: 5b) REPORT 18-0419 NUISANCE ABATEMENT OF PROPERTY AT 725 CYPRESS  
(Community Development Director Ken Robertson)

eComment: I wanted to write to you all regarding to the hearing of CrossFit Horsepower. My name is Marlin Rodriguez and I am a member of CrossFit Horsepower. I want to write to show that I oppose this facility from being shut down. I have been an active member for just over a year and during my time here I was always told to respect our neighbors. We were told not to drop weights, we do not run outside, and we have even took additional precautions inside the gym such as making it mandatory to insert padding during weightlifting. I have been to a few other gyms from the large fitness centers to university gyms. Out of all the facilities I have been to, this gym by far takes the most initiative in not only taking care of the equipment but respecting our neighbors. Initially the reason why I decided to join CrossFit was because I was looking into fitness facilities in the area during a college internship and I was curious to see what CrossFit was about. It is understandable for people to initially associate CrossFit as sort of "Taboo" in the fitness world. Some people would associate CrossFit as a "cult", "fad" or not a not an effective way of weigh training. However, when I first came to Horsepower, I immediately encountered a supportive atmosphere. It is a kind of atmosphere that supports one's continual fitness development, regardless of one's fitness level. CrossFit has done so much to improve my well-being. Last year I was commuting from Long Beach. I work for an engineering company. The last thing I want to do after sitting for nine hours is to sit an extra hour and a half in traffic. When I showed up to Horsepower in the afternoon, not only did it offer a way to wait for traffic to lessen, but the workouts also offered a way to remove some of the work-related stresses. I am new in the South Bay area. I went to school at USC, but I moved out here from Dallas, Texas. CrossFit Horsepower has provided me with a supportive community which both supports and challenges me, offering me a sort of safe haven. I am in the best shape of my life. I can certainly consider CrossFit as a lifelong hobby. After doing CrossFit, my results have increased my self esteem. Having been an introvert most of my life, completing many challenges and getting great results has not only fostered my fitness but also my self esteem. This has given me a way to assimilate with the active, healthy South Bay community. Not only are my results noted by myself, but it also passes on to friends and family. These successes certainly causes a chain effect. I have had it where peers take notice and they themselves become motivated to pursue a healthy active lifestyle and that continues to spread. I am not saying that CrossFit causes this, but this facility has provided me with the resources that not only effects myself, but others around me in positive ways. Lastly, I wanted to point out that CrossFit is more than just hard workouts. While we all become fatigued and sweat a lot after workouts, a very important thing that happens to us on a constant basis is that we are continuously presented with a challenge which we have to overcome. Having a challenge or a goal to surpass creates a sense of ambition within a person. I

have been constantly presented with challenges everyday a new workout is presented. While difficult, it is a goal I must fulfill. Having a more ambitious mentality, I am now in the position where I more readily pursue challenges outside of the fitness environment. This new ambition has given me more drive to pursue other challenges such as going back to school for a Master's in Computer Science. I wish you all can continue to support a healthy community that has not only impacted the lives of South Bay residents, but also those of many like myself who traveled from elsewhere.

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