

Total Fees Due: \$ 485.00  
Application Fee: \$425.00 plus \$30.00 per acre

Date Application & Fee Received: 4-4-19  
Received by: CBanks

## Application for Special Use Permit City of Harrisonburg, Virginia

[www.harrisonburgva.gov/zoning-applications](http://www.harrisonburgva.gov/zoning-applications)

### Section 1: Description of Property

Location (street address): 785 Acorn Drive Harrisonburg, VA 22802  
Tax Map Number: Sheet: 56 Block: E Lot: 20-B Total Land Area: \_\_\_\_\_ acres or sq. ft.  
Existing Zoning Classification: M-1  
Special Use being requested: Sec-10-3-97 (10) Recreational and leisure time activities

### Section 2: Property Owner's Information

Property Owner's Name: Sierra Valley Resources LLC  
Street Address: 785 Acorn Drive Email: svr785@comcast.net  
City: Harrisonburg State: VA Zip: 22802  
Telephone: Work: 301-343-6785 Fax: \_\_\_\_\_ Mobile/Home: \_\_\_\_\_

### Section 3: Owner's Representative Information

Owner's Representative: Frederick J Luddy / Owner  
Street Address: 519 Hickory Grove Circle Email: svr785@comcast.net  
City: Harrisonburg State: VA Zip: 22801  
Telephone: Work: 301-343-6785 Fax: \_\_\_\_\_ Mobile/Home: \_\_\_\_\_

### Section 4: Certification

*I certify that the information supplied on this application and on the attachments provided (maps and other information) is accurate and true to the best of my knowledge. In addition, I hereby grant permission to the agents and employees of the City of Harrisonburg to enter the above property for the purposes of processing and reviewing this application. I also understand that, when required, public notice signs will be posted by the City on any property.*

Signature: \_\_\_\_\_  
Property Owner

### Section 5: Required Attachments to be provided by Applicant

- ☒ Site or Property Map
- ☒ Letter explaining Proposed Use & Reasons for Seeking a Special Use Permit
- ☒ Traffic Impact Analysis (TIA) Determination Form OR Traffic Impact Analysis (TIA) Acceptance Letter signed by Public Works Department - Applicant is responsible for coordinating with Public Works Department prior to submitting SUP application. More information at [www.harrisonburgva.gov/traffic-impact-analysis](http://www.harrisonburgva.gov/traffic-impact-analysis). This requirement is waived for the following SUPs: major family day homes, reducing required parking areas, reduction in required side yard setback, wireless telecommunication facilities, walls and fences, and short term rentals. To prevent delays in reviewing your application, please consult with Planning staff to confirm your application does not require a TIA Determination Form or TIA Acceptance Letter.

NOTE: If applying for a Wireless Telecommunications Facility allowed only by SUP, then also submit a wireless telecommunications facility application.

March 29, 2019

Harrisonburg City Government

Planning & Zoning

City Council

RE: Special Use Permit for 785 Acorn Drive Suite 102

RE: Edge Effect Fitness LLC ( Randy Simpson )

To Whom it may concern:

As the owner of 785 Acorn Drive I foresee no issues with the intended use and no conflict with any of the existing or future uses of the adjacent spaces or area. I fully support Edge Effect Fitness LLC ( Randy Simpson ) in their application for a special use permit. If I can be of any further assistance in this matter please do not hesitate to contact me.

Sincerely :

Frederick J Luddy ( Owner )

Sierra Valley Resources LLC

785 Acorn Drive

Harrisonburg, VA 22802

[Svr785@comcast.net](mailto:Svr785@comcast.net)

301-343-6785



Harrisonburg City Council  
Attn: Department of Planning and Community Development  
409 South Main St.  
Harrisonburg VA 22801

4/4/19

Edge Effect Fitness LLC  
C/o Randy Simpson  
2480 Old Furnace Rd.  
Rockingham VA 22802

Dear Council Members,

As owner of Edge Effect Fitness LLC, I am seeking a special use permit for the property located at 785 Acorn Drive, suite 102. This property is currently zoned as M-1 and I am seeking the SUP as a recreation and leisure time facility, per Section 10-3-97 (10) of the city Zoning Ordinance. Edge Effect Fitness will provide affordable, inclusive fitness programs to those whose needs may not be met in a typical gym setting. Program offerings will include Rock Steady Boxing, therapeutic exercise for special populations, and limited special fitness training. My clientele will consist of individuals and small groups, as opposed to an open commercial gym type environment.

The suite and surrounding area are ideally suited to the business's needs. It consists of a large open area with appropriate bathroom and changing room facilities, with plenty of space for unrestricted activity and related equipment. The facility will be equipped with boxing equipment, mats, barbells, kettlebells, medicine balls, resistance bands, and similar implements, all located inside the building. I do not plan to make any major modifications to the building or use any equipment requiring skilled installation. The hours of operation will be no earlier than 6 am and no later than 8 pm during the week and some Saturdays.

Once established at this location, Edge Effect Fitness will begin to offer:

- Rock Steady Boxing. RSB is a worldwide therapeutic exercise program for people with Parkinson's Disease. Since 2006, RSB has helped participants to improve quality of life through a unique combination of intense exercise, non-contact boxing training and social support. RSB Rocktown has operated since January 2019 in partnership with Virginia Mennonite Retirement Community, where participants are seeing positive changes in their quality of life. The property will serve as home base for this community and allow for classes to be offered at a wider range of times.
- ExRx, a medically-referred personal training program. ExRx is intended for individuals who can benefit from including exercise training as part of an overall management plan for chronic conditions, or to transition into normal activity or athletic activity. There is a tremendous need for these services and ExRx is intended to provide them at an affordable price.

- Personal training and specialized small group training. In addition to therapeutic populations, Edge Effect will also offer specialized fitness programs to individuals and small groups. These services will include non-contact boxing and kick-boxing based fitness, barbell and kettlebell training, functional training, and special topics such as injury prevention for first responders.

I appreciate your consideration in this matter.

Sincerely,

A handwritten signature in cursive script that reads "Randy Simpson". The signature is written in dark ink and is positioned above the printed name.

Randy Simpson MS, Edge Effect Fitness LLC



# CITY GENERAL NOTES

1. Work in this project shall conform to the latest edition of the Virginia Department of Transportation (VDOT) Road and Bridge Specifications, the VDOT Road and Bridge Standards, the Virginia Erosion and Sediment Control Handbook, the Virginia Department of Transportation (VDOT) Stormwater Management Manual, the City of Harrisonburg Stormwater Management Manual, the City of Harrisonburg Municipal Code, and the City of Harrisonburg Zoning Ordinance. In the event of conflict between any of these standards, specifications or plans, the most stringent shall govern. All utilities to be installed shall be in accordance with the City of Harrisonburg Municipal Code and/or the City of Harrisonburg Zoning Ordinance. All utilities shall conform to the City of Harrisonburg Municipal Code and/or the City of Harrisonburg Zoning Ordinance.
2. Erosion and sediment control measures shall be maintained continuously, relocated when and as necessary and shall be checked after every rainfall. Seeded areas shall be checked regularly and shall be watered, fertilized, reseeded and mulched as necessary to obtain a dense stand of grass.
3. All drain inlets shall be protected from clogging. Ineffective protection devices shall be immediately replaced and the inlet cleared. Flushing is not an acceptable method of cleaning.
4. When the location of a utility structure is shown in approximate only, the contractor is responsible for locating all public or private utilities which lie in or adjacent to the construction area. The contractor shall be responsible for mapping the location of existing utilities during construction. Forty-eight (48) hours prior to any excavation or soil utility (800) 552-7001.
5. All underground facilities located within the City's right-of-way shall be installed prior to the placement of any part of the permanent structure.
6. Installation of concrete storm pipe shall comply with VDOT standard Drawing PB-1.
7. All materials used for fill or back-fill shall be free of wood, roots, rocks, boulders or any other non-compatible soil type material. Unsatisfactory materials also include man-made fill and refuse debris derived from any source.
8. Satisfactory material for use as fill for public streets include material identified in ASTM D-2922 as SP, GM, CH, CL, OH, OH, SP, SA, SC, ML, and CL groups. The material content shall be controlled within plus or minus 2 percentage points of the values in the table below. The material shall be tested by a qualified testing laboratory and the results of the tests shall be submitted to the City Engineer. The material shall be tested by a qualified testing laboratory and the results of the tests shall be submitted to the City Engineer. The material shall be tested by a qualified testing laboratory and the results of the tests shall be submitted to the City Engineer.
9. Satisfactory material for use as fill for public streets include material identified in ASTM D-2922 as SP, GM, CH, CL, OH, OH, SP, SA, SC, ML, and CL groups. The material content shall be controlled within plus or minus 2 percentage points of the values in the table below. The material shall be tested by a qualified testing laboratory and the results of the tests shall be submitted to the City Engineer. The material shall be tested by a qualified testing laboratory and the results of the tests shall be submitted to the City Engineer. The material shall be tested by a qualified testing laboratory and the results of the tests shall be submitted to the City Engineer.
10. Compaction of fill material under building shall be based upon recommendations of soils engineer after completion of standard Proctor test and shall meet bearing requirements of architect of buildings. The contractor shall be responsible for testing.
11. Materials used to construct enclosures for any purpose, back-fill around drainage structures or in utility trenches or other enclosures resulting in back-fill or back-fill of maximum density as determined by the standard Proctor test as set out in ASTM D-2922. The contractor shall, prior to any excavation filling or back-filling, submit the results of the Proctor test together with a certification that the soil tested is representative of the material to be used on the project. Tests shall be conducted by a certified materials testing laboratory and the certifications made by a licensed professional engineer representing the laboratory.
12. Embankment fill and trench back-fill shall be placed in lifts of a maximum uncompacted depth of 8-inches and 8-inches, respectively. Density tests shall be conducted at the following minimum frequency:
  - (a) Embankments for roads, ditches, etc.: One test per lift per 10,000 square feet of lift.
  - (b) Back-fill around structures and in trenches: One test per lift per 500 lineal feet of lift.
13. Compaction tests for street pavement structure shall be made in cut and fill areas at the following minimum frequency:
  - (a) Sub-grade: One test per lift per 500 lineal feet.
  - (b) Base: One test per lift per 500 lineal feet.
  - (c) Hot Asphalt Concrete: One test per lift per 500 lineal feet.
14. All excavations, including trenches, shall be kept dry to protect their integrity.
15. Test results shall be submitted to the City Engineer. Failure to comply with these tests shall be cause for non-acceptance of the facility. Tests shall be conducted at the sole cost of the contractor or its agent.
16. Pavement design to be based upon subgrade CBR of 3 and on SF of 2. Upon beginning the street subgrade to appropriate standard the contractor shall cause soil samples for CBR determination to be taken at a maximum interval of 300 feet measured along the street centerline. The CBR of each sample shall be determined and the average CBR shall be used to determine the pavement structure requirements. The pavement materials and the amount thereof as shown on the typical section may be modified by the results of these tests in accordance with the City Engineer and if approved by the City Engineer. A copy of all test results shall be submitted to the City Engineer prior to the placing of any base or subgrade material. This report shall be required on streets classified as Local/Class-A. Paving sections shall not be reduced below the City minimum section.
17. City inspectors have full authority to reject fill or backfill materials, require undercutting or subgrade stabilization, require provisions for foundations, or require other measures which affect the integrity of road and utility construction. Failure to comply with inspector's directives shall be cause for non-acceptance to the facility.
18. Traffic control on public streets shall be in accordance with the Manual of Uniform Traffic Control Devices and as further directed by City Engineers.
19. Any discrepancies found between the drawings and specifications and site conditions or any inconsistencies or ambiguities in drawings or specifications shall be immediately reported to the engineer, in writing, who shall promptly address such inconsistencies or ambiguities. Work done by the contractor after the discovery of such discrepancies, inconsistencies, or ambiguities shall be done at the contractor's risk.
20. A preconstruction conference shall be held prior to the start of the construction. The contractor shall arrange the meeting with the City Engineer.
21. All proposed public water and sewer mains to be a dedicated sewerline. In place and retained before the City of Harrisonburg will turn on the public water supply. Once in compliance with the City Engineer's, and City Engineer's Office for measurement and City standard sheet of Elevation. The plan and sheet to be reviewed by City prior to installation and after installation the dead end and pipe number or any of City of Harrisonburg receipt to be provided to City Engineer Office (See Annex).

## ADDITIONAL NOTES

22. Water Service: The existing water main and lateral that serves the existing warehouse is to be used for the proposed warehouse addition. See 4-27A and 4-27B forms on sheet 2.
23. Sewer Service: The existing sanitary sewer lateral that serves the existing warehouse is to serve the new warehouse addition. The lateral shall be installed at 4" PVC SD-35 and shall meet the Virginia Uniform Standards Building Code. The new private sewer lateral shall be 4" PVC SD-35 and shall meet the Virginia Uniform Standards Building Code.
24. Sign: No additional signage is proposed with this addition, if and when a sign is desired the sign contractor and/or owner to coordinate with the City Zoning Administrator for sign size, type, location, permit and fees. Signs will be built per City Sign Ordinance.
25. Handicap spaces to have vertical signs with the International handicap symbol. At least one space must be van accessible with "Van Accessible" sign below the International sign. Minimum height to sign bottom is 4'-0", maximum is 7'-0".
26. Site Lighting: There is no proposed lighting for this site. The only additional lighting is wall pack lights as required per Building Code.
27. Trash collection: Trash collection will utilize the City's curbside service.
28. Emergency Access: During construction the entrance and driveway is to remain open onto the site at all times. All parking drive areas are to be designed as permanent fire lanes with no parking storage in fire lanes.
29. The Erosion Control Narrative is a part of these plans. Contractor to comply with any additional items contained in the narrative.
30. Electric: All proposed electric lines shall be run underground within an site. Contractor shall coordinate with IEC (Each Year 420-2241) for coordination from existing transformer to meter location.
31. Bicycle racks: A bicycle rack with space for 6 bikes shall be provided. Rack and layout shall be in accordance "Bicycle Parking Guidelines" as adopted by the Assoc. of Pedestrian and Bicycle Professionals (www.apbp.org). See detail on Sheet 2.

## LANDSCAPING NOTES:

1. LOCATIONS SHOWN OF TREES AND PLANTS ARE APPROXIMATE. EXACT LOCATIONS ARE TO BE FIELD DETERMINED BY LANDSCAPER.
2. TREES ARE TO BE PLACED MINIMUM OF 10' AWAY FROM WATER OR SEWER LINES.
3. ALL PLANTING SHALL CONFORM WITH §10-3-30.1 OF THE CITY OF HARRISONBURG ZONING ORDINANCE.
4. LANDSCAPING SHALL NOT IMPAIR STREET DISTANCE DESIGN.
5. DECIDUOUS TREES, LARGE WHEN PLANTED ARE TO BE AT LEAST TWO (2) INCHES IN CALIPER AND BE A MINIMUM OF TEN (10) IN HEIGHT. MULTI-STEM TREES SHALL ALSO BE A MINIMUM OF TEN (10) FEET IN HEIGHT.
6. DECIDUOUS TREES, SMALL/ORNAMENTAL WHEN PLANTED ARE TO BE AT LEAST ONE (1) INCHES IN CALIPER AND BE A MINIMUM OF SIX (6) IN HEIGHT. MULTI-STEM TREES SHALL ALSO BE A MINIMUM OF SIX (6) FEET IN HEIGHT.
7. INSPECTOR FOR ZONING COMPLIANCE IS REQUIRED PRIOR TO RELEASE OF ISSUES.

## LANDSCAPING SCHEDULE

LABEL	TYPE OF SPECIES	NUMBER	EXAMPLES IN GROUP	SIZE/DO-YEARS
1	LARGE DECIDUOUS TREES	0	DAWK, MAPLES, SHIRAZ, CHINQUAPIN, DAWN REDWOOD...	1" CH/DOOM
2	SMALL FLOWERING TREE	9	DOORWOOD, CHERRY, REDBUD, SCORCHBERRY...	1" CH/DOOM
3	SHRUB	8	GOLD THREAD FALSE CYPRESS, SHAWBARK HOLLY, BOKWOOD...	1.5"-2' -

\*SPECIFIC TYPE OF TREE TO BE BASED ON AVAILABILITY IN LOCAL NURSERY.  
 \*\*DO-YEARS ARE TO BE BASED ON 10-YEAR COVERAGE AND FULL GROWN COVERAGE.

## LIGHT PAVEMENT SECTION

SEE PLAN FOR WIDTH  
 SEE ADJACENT PAVEMENT SECTION

4" THICK 3,000 PSI CONCRETE WITH 6% W/W  
 W/W, REINSTEER AN ENTANGLED, SMOOTH  
 BROWN FINISH, 1" DEEP CONTROL JOINTS  
 8' S.C.

4" 21-A AGGREGATE BASE COMPACT  
 TO MEET STANDARD PROCTOR DENSITY  
 COMPACT SUB-GRADE TO MEET  
 STANDARD PROCTOR DENSITY

SEE PLAN FOR WIDTH  
 SEE ADJACENT PAVEMENT SECTION

4" THICK 3,000 PSI CONCRETE WITH 6% W/W  
 W/W, REINSTEER AN ENTANGLED, SMOOTH  
 BROWN FINISH, 1" DEEP CONTROL JOINTS  
 8' S.C.

4" 21-A AGGREGATE BASE COMPACT  
 TO MEET STANDARD PROCTOR DENSITY  
 COMPACT SUB-GRADE TO MEET  
 STANDARD PROCTOR DENSITY

SEE PLAN FOR WIDTH  
 SEE ADJACENT PAVEMENT SECTION

4" THICK 3,000 PSI CONCRETE WITH 6% W/W  
 W/W, REINSTEER AN ENTANGLED, SMOOTH  
 BROWN FINISH, 1" DEEP CONTROL JOINTS  
 8' S.C.

4" 21-A AGGREGATE BASE COMPACT  
 TO MEET STANDARD PROCTOR DENSITY  
 COMPACT SUB-GRADE TO MEET  
 STANDARD PROCTOR DENSITY

SEE PLAN FOR WIDTH  
 SEE ADJACENT PAVEMENT SECTION

4" THICK 3,000 PSI CONCRETE WITH 6% W/W  
 W/W, REINSTEER AN ENTANGLED, SMOOTH  
 BROWN FINISH, 1" DEEP CONTROL JOINTS  
 8' S.C.

4" 21-A AGGREGATE BASE COMPACT  
 TO MEET STANDARD PROCTOR DENSITY  
 COMPACT SUB-GRADE TO MEET  
 STANDARD PROCTOR DENSITY

SEE PLAN FOR WIDTH  
 SEE ADJACENT PAVEMENT SECTION

4" THICK 3,000 PSI CONCRETE WITH 6% W/W  
 W/W, REINSTEER AN ENTANGLED, SMOOTH  
 BROWN FINISH, 1" DEEP CONTROL JOINTS  
 8' S.C.

4" 21-A AGGREGATE BASE COMPACT  
 TO MEET STANDARD PROCTOR DENSITY  
 COMPACT SUB-GRADE TO MEET  
 STANDARD PROCTOR DENSITY

SEE PLAN FOR WIDTH  
 SEE ADJACENT PAVEMENT SECTION

4" THICK 3,000 PSI CONCRETE WITH 6% W/W  
 W/W, REINSTEER AN ENTANGLED, SMOOTH  
 BROWN FINISH, 1" DEEP CONTROL JOINTS  
 8' S.C.

4" 21-A AGGREGATE BASE COMPACT  
 TO MEET STANDARD PROCTOR DENSITY  
 COMPACT SUB-GRADE TO MEET  
 STANDARD PROCTOR DENSITY

SEE PLAN FOR WIDTH  
 SEE ADJACENT PAVEMENT SECTION

4" THICK 3,000 PSI CONCRETE WITH 6% W/W  
 W/W, REINSTEER AN ENTANGLED, SMOOTH  
 BROWN FINISH, 1" DEEP CONTROL JOINTS  
 8' S.C.

4" 21-A AGGREGATE BASE COMPACT  
 TO MEET STANDARD PROCTOR DENSITY  
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 W/W, REINSTEER AN ENTANGLED, SMOOTH  
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 8' S.C.

4" 21-A AGGREGATE BASE COMPACT  
 TO MEET STANDARD PROCTOR DENSITY  
 COMPACT SUB-GRADE TO MEET  
 STANDARD PROCTOR DENSITY

SEE PLAN FOR WIDTH  
 SEE ADJACENT PAVEMENT SECTION

## GRAPHIC SCALE

SCALE 1"=30'

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## DEVELOPER/OWNER:

FREDERICK J. LUDY

SIDNEY VALLEY RESOURCES

8847 CHERRY LANE

LAUREL, MD 20707

301-









City of Harrisonburg, VA  
Department of Public Works

Determination of Need for a  
Traffic Impact Analysis (TIA)

[www.harrisonburgva.gov/traffic-impact-analysis](http://www.harrisonburgva.gov/traffic-impact-analysis)

<b>Contact Information</b>				
Consultant Name:	Edge Effect Fitness LLC Randy Simpson 540-607-4855			
Telephone:	remsimpson@gmail.com			
E-mail:				
Owner Name:	Sierra Valley Resources, LLC Fred Luddy 301-343-6785			
Telephone:	svr785@comcast.net			
E-mail:				
<b>Project Information</b>				
Project Name:	Edge Effect Fitness LLC			
Project Address:	785 Acorn Drive Suite 102			
TM #:				
Existing Land Use(s):	Warehouse space rental, zoned M-1			
Proposed Land Use(s): (if applicable)	Leisure and recreation activities.			
Submission Type:	Comprehensive Site Plan <input type="radio"/>	Special Use Permit <input checked="" type="radio"/>	Rezoning <input type="radio"/>	Preliminary Plat <input type="radio"/>
Project Description: (Include site plan or preliminary sketch and additional details on land use, acreage, access to site, etc)	Site is an existing warehouse complex. Proposed use will be for suite 102, which is a 2000 sq ft unit. This suite will be used as a small-scale commercial fitness and wellness facility, hosting Rock Steady Boxing, small group training, and medically referred personal training activities.			
<b>Peak Hour Trip Generation (from row 15 on the second page)</b>				
AM Peak Hour Trips:	3			
PM Peak Hour Trips:	7			

(reserved for City staff)

TIA required? Yes \_\_\_\_\_ No ☒

Comments:

Accepted by: Mt

Date: 04/04/2019

### Peak Hour Trip Generation by Land Use

Row	ITE Land Use		ITE Land Use Code	Unit	Quantity	AM Peak Hour of Adjacent Street Traffic	PM Peak Hour of Adjacent Street Traffic
1	Proposed #1	Health/Fitness Club	492	1000 Sq. Ft GFA	2.0	3	7
2	Proposed #2						
3	Proposed #3						
4	Proposed #4						
5	Proposed #5						
6	Proposed #6						
7	Total New Trips					3	7
8	Existing #1	Mini-Warehousing	151	1000 Sq. Ft GFA	2.0	0	0
9	Existing #2						
10	Existing #3						
11	Existing #4						
12	Existing #5						
13	Existing #6						
14	Total Existing Trips					0	0
15	Final Total (Total New – Total Existing)					3	7

#### Instructions

Determination of trip generation rates shall be in conformance with ITE guidelines.

1. Based on the intended use(s), calculate the AM Peak and PM Peak trip generation using the AM and PM Peak Hour of Adjacent Street Traffic rates from the most current version of the ITE Trip Generation Manual (rows 1-6). Attach additional sheets as necessary for more uses.
2. Sum up all of the trips generated for the new uses in the Total New Trips row (row 7).
3. If the development has any existing uses, calculate the AM Peak and PM Peak trip generations using the AM and PM Peak Hour of Adjacent Street Traffic rates from the most current version of the ITE Trip Generation Manual (rows 8-13). Attach additional sheets as necessary for more uses.
4. Sum up all of the trips generated for the existing uses in the Total Existing Trips row (row 14).
5. Subtract the total existing trips from the total new trips to get the final total number of trips generated by the development (row 15). Enter these numbers on the first page.