

DISPLAY THIS CARD ON PRINCIPAL FRONTAGE OF WORK



CITY OF PORTLAND BUILDING PERMIT

This is to certify that FURMAN HOLDINGS LLC

Located At 1000 CONGRESS ST

ID: 2011-05-1066-ALTCOMM

CBL: 076 - - A - 030 - 001 - - - -

has permission to Change the Use, convert vacant warehouse into fitness studio, renovations including bathrooms provided that the person or persons, firm or corporation accepting this permit shall comply with all of the provisions of the Statues of Maine and of the Ordinances of the City of Portland regulating the construction, maintenance and use of the buildings and structures, and of the application on file in the department.

Notification of inspection and written permission procured before this building or part thereof is lathed or otherwise closed-in. 48 HOUR NOTICE IS REQUIRED.

A final inspection must be completed by owner before this building or part thereof is occupied. If a certificate of occupandy is required, it must be

Fire Prevention Officer

[Signature] 7/12/11
Code Enforcement Officer / Plan Reviewer

THIS CARD MUST BE POSTED ON THE STREET SIDE OF THE PROPERTY
PENALTY FOR REMOVING THIS CARD

CO has been sent

SCANNED

11-2-11 DWM/BKL Steve 831-2773 Framing + Plumbing

OK. Provide revised plans, 2 showers each bathroom 1 drain



Certificate of Occupancy



CITY OF PORTLAND, MAINE

Department of Planning and Urban Development Building Inspections Division

Location: 1000 CONGRESS ST

CBL: 076- A-030-001

Issued to FURMAN HOLDINGS LLC

Date Issued: 12/16/2011

This is to certify that the building, premises, or part thereof, at the above location, built-altered-changed as to use under Building Permit No. 2011-05-1066-ALTCOMM, has had a final inspection, has been found to conform substantially to the requirements of the Building Code and the Land Use Code of the City of Portland, and is hereby approved for occupancy or use, limited or otherwise, as indicated below.

PORTION OF BUILDING OR PREMISES

1st floor with 2 offices over storage space

APPROVED OCCUPANCY

Use Group A3, Type 3B, IBC 2009

Approved:

12-16-11

(Date)

Inspector

Inspections Division Director

Notice: This certificate identifies the legal use of the building or premises, and ought to be transferred from owner to owner upon the sale of the property.



Certificate of Occupancy



CITY OF PORTLAND, MAINE

Department of Planning and Urban Development

Building Inspections Division

Location: 1000 CONGRESS ST

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PORTLAND MAINE

Strengthening a Remarkable City, Building a Community for Life • www.portlandmaine.gov

Director of Planning and Urban Development
Penny St. Louis

Job ID: 2011-05-1066-ALTCOMM

Located At: 1000 CONGRESS

CBL: 076 - - A - 030 - 001 - - - -

Conditions of Approval:

Zoning

1. This permit is being approved on the basis of plans submitted. Any deviations shall require a separate approval before starting that work.
2. Separate permits shall be required for any new signage.
3. The change of use requires seventeen parking spaces; 29 are shown on the site plan.

Fire

1. All construction shall comply with City Code Chapter 10.
2. This permit is being approved on the basis of the plans sub
3. Application requires State Fire Marshal approval.
4. A master box fire alarm system with voice evac is required.
5. A separate Fire Alarm Permit is required.
6. The fire alarm system shall comply with the City of Portland Standard for Signaling Systems for the Protection of Life and Property. All fire alarm installation and servicing companies shall have a Certificate of Fitness from the Fire Department.
7. Installation of a sprinkler or fire alarm system requires a Knox Box to be installed per city ordinance.
8. Fire extinguishers are required per NFPA 10.
9. Occupancies with an occupant load of 100 persons or more require panic hardware on all doors serving as a means of egress.
10. Emergency lights and exit signs are required. Emergency lights and exit signs are required to be labeled in relation to the panel and circuit and on the same circuit as the lighting for the area they serve.
11. Any cutting and welding done will require a Hot Work Permit from Fire Department.

Building

1. Application approval based upon information provided by applicant, including revisions received dated 7/11/11. Any deviation from approved plans requires separate review and approval prior to work. Building type classification to be changed to 3B.
2. Permit approved based on the plans submitted and reviewed w/owner/ contractor, with additional information as agreed on and as noted on plans, including water fountain.
3. Separate permits are required for any electrical, plumbing, sprinkler, fire alarm, HVAC systems, heating appliances, including pellet/wood stoves, commercial hood exhaust systems and fuel tanks. Separate plans may need to be submitted for approval as a part of this process.

BUILDING PERMIT INSPECTION PROCEDURES

Please call 874-8703 or 874-8693 (ONLY)

or email: buildinginspections@portlandmaine.gov

With the issuance of this permit, the owner, builder or their designee is required to provide adequate notice to the city of Portland Inspections Services for the following inspections. Appointments must be requested 48 to 72 hours in advance of the required inspection. The inspection date will need to be confirmed by this office.

- **Please read the conditions of approval that is attached to this permit!! Contact this office if you have any questions.**
- **Permits expire in 6 months. If the project is not started or ceases for 6 months.**
- **If the inspection requirements are not followed as stated below additional fees may be incurred due to the issuance of a "Stop Work Order" and subsequent release to continue.**

1. Plumbing Rough Commercial
2. Close In Elec/Plmb/Framing
3. Certificate of Occupancy Inspection

The project cannot move to the next phase prior to the required inspection and approval to continue, REGARDLESS OF THE NOTICE OF CIRCUMSTANCES.

IF THE PERMIT REQUIRES A CERTIFICATE OF OCCUPANCY, IT MUST BE PAID FOR AND ISSUED TO THE OWNER OR DESIGNEE BEFORE THE SPACE MAY BE OCCUOPIED.



General Building Permit Application

Check 1/3 day
times day
11/11

If you or the property owner owes real estate or personal property taxes or user charges on any property within the City, payment arrangements must be made before permits of any kind are accepted.

Location/Address of Construction: <u>1000 Congress Street</u>		
Total Square Footage of Proposed Structure/Area <u>Remodeling 9800 SF / to include 638</u>	Square Footage of Lot <u>7449</u>	Number of Stories <u>2</u>
Tax Assessor's Chart, Block & Lot Chart# Block# Lot# <u>076 - A030001</u>	Applicant * <u>must</u> be owner, Lessee or Buyer* Name <u>ADAM NELSON</u> Address <u>139 KENNEBEC ST.</u> City, State & Zip <u>PORTLAND, ME 04101</u>	Telephone: <u>207-761-0603</u> <u>(OFFICE)</u> <u>603-767-9768</u> <u>(CELL)</u>
Lessee/DBA (If Applicable) <u>ADAM NELSON</u> <u>139 KENNEBEC ST.</u> <u>PORTLAND, ME</u> <u>04101</u>	Owner (if different from Applicant) Name <u>Ross Furman Holdings</u> Address <u>P.O. Box 2 DTS</u> City, State & Zip <u>Portland, ME</u> <u>04101</u>	Cost Of Work: \$ <u>10,000</u> C of O Fee: \$ _____ Total Fee: \$ <u>195</u>
Current legal use (i.e. single family) <u>Vacant</u> Number of Residential Units _____ If vacant, what was the previous use? <u>Merchandise</u> Proposed Specific use: <u>Exercise/Fitness Studio</u> Is property part of a subdivision? <u>no</u> If yes, please name _____ Project description: <u>Convert vacant warehouse into fitness studio</u>		
Contractor's name: <u>STEVE FITZGERALD</u> Address: <u>99 EDWARDS ST.</u> City, State & Zip <u>PORTLAND, ME 04107</u> Telephone: <u>207-239-9319</u> Who should we contact when the permit is ready: <u>ADAM NELSON</u> Telephone: <u>603-767-9768</u> Mailing address: <u>139 KENNEBEC ST PORTLAND, ME 04101</u> <u>(CELL)</u>		

Please submit all of the information outlined on the applicable Checklist. Failure to do so will result in the automatic denial of your permit.

In order to be sure the City fully understands the full scope of the project, the Planning and Development Department may request additional information prior to the issuance of a permit. For further information or to download copies of this form and other applications visit the Inspections Division on-line at www.portlandmaine.gov, or stop by the Inspections Division office, room 315 City Hall or call 874-8703.

I hereby certify that I am the Owner of record of the named property, or that the owner of record authorizes the proposed work and that I have been authorized by the owner to make this application as his/her authorized agent. I agree to conform to all applicable laws of this jurisdiction. In addition, if a permit for work described in this application is issued, I certify that the Code Officer's authorized representative shall have the authority to enter all areas covered by this permit at any reasonable hour to enforce the provisions of the codes applicable to this permit.

RECEIVED
MAY 17 2011
Dept. of Building Inspections
City of Portland, Maine

Signature: Adam Nelson Date: 04 MAY 2011

This is not a permit; you may not commence ANY work until the permit is issued

Jeanie Bourke - 1000 Congress Street

From: John Ossie <johno@fmccadd.com>
To: Jeanie Bourke <JMB@portlandmaine.gov>
Date: 7/7/2011 4:42 AM
Subject: 1000 Congress Street
Attachments: DOC063011-007.pdf; Site Plan-Work (2).pdf; nEW Floor Plan-Work (2).pdf

Hi Jeanie.

I have modified the construction type to Type *3B* *JMB* ~~VA~~ in accordance with Table 503

This should eliminate the need to have interior rated construction.

The building is single story on a concrete slab with exterior brick walls.

The primary structure is steel beams and columns with heavy timber purlins.

The roof is a 2" thick wood deck.

I also added a stair detail.

I have also attached the quote from the mechanical contractor for installation of an air handling unit.

Let em know if you need anything else from me.

I'll be going vacation starting Friday.

Thanks

John Ossie

FMC CADD

RECEIVED
JUL 11 2011
Dept. of Building Inspections
City of Portland Maine



MECHANICAL SERVICES, INC.

MAINE CONTROLS
mechanicalservices.com

400 PRESUMPSCOT STREET
PORTLAND, ME 04103-5292

TEL. (207) 774-1531
FAX (207) 553-7006

72 FREEDOM PARKWAY
HERMON, ME 04401-5788

TEL. (207) 947-6250
FAX (207) 848-5592

525 CENTRAL DRIVE
PRESQUE ISLE, ME 04769

TEL. (207) 554-1212
FAX (207) 762-6088

40 GABRIEL DRIVE
AUGUSTA, ME 04330-9430

TEL. (207) 626-0822
FAX (207) 621-1008

PROPOSAL and CONTRACT

Customer:	CrossFit Casco Bay	Contact:	Adam Nelson
Address:	139 Kennebec St Portland, ME 04101		T: (207) 767-0360
Job Location:	1000 Congress St Portland	SE#: 18027	F: June 30th, 2011
		Date:	

DESCRIPTION OF SERVICES COVERED BY THIS CONTRACT:

Mechanical Services, Inc shall provide all labor and materials to install two (2) fresh air in-line fans. The fans will produce a total of 2100 cfm of fresh air. The fans will be hung inside with a short piece of spiral ductwork ran through the exterior wall. One fan will be use an existing penetration towards the front of the building. The other fan will be located at the back of the building and will penetrate through the wall where the old window is located. A back draft damper will be installed on each fan to keep any debris, bugs, etc out of the fan while it is not running. The fans will be controlled by a wall mounted switch.

COST FOR THIS PROPOSED WORK SHALL BE:

Three Thousand Nine Hundred and Eighty Seven Dollars (\$3,987.00)

The work shall be invoiced at completion. Any additional work will be performed upon written authorization and will be invoiced separately from work described above.

THE FOLLOWING WORK IS NOT INCLUDED IN THIS PROPOSAL:

- The handling or disposal of, or any costs associated with the handling or disposal of, hazardous materials, special waste, or mold, or any byproduct thereof.
- Unless specifically provided for herein, Mechanical Services, Inc. is not responsible for the structural integrity of any portion or aspect of the building where this work will be performed, including the ability of the structure to support the load of the equipment being installed.
- All extra service to correct problems found during work described above.
- Electrical issues due to excessive loading on the existing electrical outlet circuit.

WARRANTY: For a period of one year from the date of start-up, all parts and labor for new equipment provided by Mechanical Services, Inc.

THIS PROPOSAL IS VALID FOR 30 DAYS.

Customer signature below attests to financial responsibility for payment of invoices in accordance with our terms of net 30 days. A finance charge of 1½% per month (annual percentage rate of 18%) will be charged on all amounts due and unpaid 30 days from invoice date. Mechanical Services, Inc. shall be entitled to recover from the customer all costs incurred, including reasonable attorney fees, for the collection of any amounts due.

Prepared By:

James Dwyer Title: Project Engineer

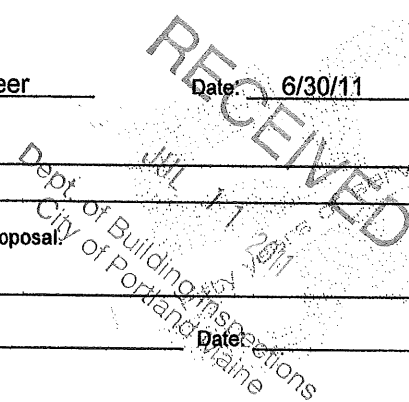
Date: 6/30/11

ACCEPTANCE

Mechanical Services, Inc. is hereby authorized to perform the work as described in this proposal.

Accepted By: (typed or printed name) _____

Signature _____ Title: _____ Date: _____



Zoning Comments

5-19-11 Permit is on hold. Spoke to Adam Nelson. Need right, title & interest. What is the size of the space that he is leasing? Needs 17 parking spaces. Parking spaces shown are on different property. Need lease from property owner to park there. -amachado

5-20-11 Spoke to John Ossie at FMCCadd. The area of work is 4800, but the total gross floor area of the space is 6,858.

5-27-11 Adam Nelson provided documentation that Ross Furman through Hope Leavitt Realty, LLC owns land formerly known as Ogdensburg Street, and parcel 'B' & parcel 'C' where the parking is shown on the site plan.



Accessibility Building Code Certificate

Designer:

John Ossie / FMC CADD

Address of Project:

1000 Congress St Portland

Nature of Project:

Convert vacant warehouse into fitness studio

The technical submissions covering the proposed construction work as described above have been designed in compliance with applicable referenced standards found in the Maine Human Rights Law and Federal Americans with Disability Act. Residential Buildings with 4 units or more must conform to the Federal Fair Housing Accessibility Standards. Please provide proof of compliance if applicable.

Signature: *Joh Ossie*

Title: Owner

Firm: FMC CADD

Address: 141 Prebble St.

Portland, ME 04103

Phone: 207 875-0511

(SEAL)

For more information or to download this form and other permit applications visit the Inspections Division on our website at www.portlandmaine.gov



Certificate of Design Application

From Designer: John O'sie
 Date: 05-04-2011
 Job Name: 1000 Congress St. remodel
 Address of Construction: 1000 Congress St. Portland, me

2003 International Building Code

Construction project was designed to the building code criteria listed below:

Building Code & Year IRC 2009 Use Group Classification (s) A-3, use group Exercise Room
 Type of Construction IIIB 3B per IBC 2009
 Will the Structure have a Fire suppression system in Accordance with Section 903.3.1 of the 2003 IRC No
 Is the Structure mixed use? No If yes, separated or non separated or non separated (section 302.3) _____
 Supervisory alarm System? No Geotechnical/Soils report required? (See Section 1802.2) _____

Structural Design Calculations

_____ Submitted for all structural members (106.1 – 106.11)

Design Loads on Construction Documents (1603)

Uniformly distributed floor live loads (7603.11, 1807)

Floor Area Use	Loads Shown
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Wind loads (1603.1.4, 1609)

_____ Design option utilized (1609.1.1, 1609.6)
 _____ Basic wind speed (1809.3)
 _____ Building category and wind importance Factor, w
 table 1604.5, 1609.5)
 _____ Wind exposure category (1609.4)
 _____ Internal pressure coefficient (ASCE 7)
 _____ Component and cladding pressures (1609.1.1, 1609.6.2.2)
 _____ Main force wind pressures (7603.1.1, 1609.6.2.1)

Earth design data (1603.1.5, 1614-1623)

_____ Design option utilized (1614.1)
 _____ Seismic use group ("Category")
 _____ Spectral response coefficients, S_D s & S_{D1} (1615.1)
 _____ Site class (1615.1.5)

_____ Live load reduction
 _____ Roof live loads (1603.1.2, 1607.11)
 _____ Roof snow loads (1603.7.3, 1608)
 _____ Ground snow load, P_g (1608.2)
 _____ If $P_g > 10$ psf, flat-roof snow load P_f
 _____ If $P_g > 10$ psf, snow exposure factor, C_e
 _____ If $P_g > 10$ psf, snow load importance factor, I_s
 _____ Roof thermal factor, C_t (1608.4)
 _____ Sloped roof snowload, P_s (1608.4)
 _____ Seismic design category (1616.3)
 _____ Basic seismic force resisting system (1617.6.2)
 _____ Response modification coefficient, R_d and
 _____ deflection amplification factor, C_d (1617.6.2)
 _____ Analysis procedure (1616.6, 1617.5)
 _____ Design base shear (1617.4, 1617.5.1)

Flood loads (1803.1.6, 1612)

_____ Flood Hazard area (1612.3)
 _____ Elevation of structure

Other loads

_____ Concentrated loads (1607.4)
 _____ Partition loads (1607.5)
 _____ Misc. loads (Table 1607.8, 1607.6.1, 1607.7,
 1607.12, 1607.13, 1610, 1611, 2404)



Certificate of Design

Date: 05-04-2011

From: John Ossie Fmc CAD

These plans and / or specifications covering construction work on:

Remodel of 1000 Congress Street, Portland Maine

Have been designed and drawn up by the undersigned, a Maine registered Architect / Engineer according to the *2003 International Building Code* and local amendments.

Signature: John Ossie

Title: owner

(SEAL)

Firm: Fmc CAD

Address: 141 Prebble St.

Portland ME 04102

Phone: 207-870-8511

For more information or to download this form and other permit applications visit the Inspections Division on our website at www.portlandmaine.gov

MUNICIPAL RELEASE DEED

KNOW ALL MEN BY THESE PRESENTS, that CUMBERLAND COUNTY, a political subdivision of the State of Maine, whose mailing address is 142 Federal Street, Portland, Maine 04101, for consideration paid, releases to HOPE LEAVITT REALTY, LLC, a Maine limited liability company with a mailing address of P.O. Box 2, Portland, Maine 04112, its successors and assigns forever, certain lots or parcels of land, together with all buildings and improvements thereon and all rights, easements, privileges and appurtenances belonging thereto, located off Congress Street along and adjacent to County Way in the City of Portland, County of Cumberland and State of Maine bounded and described as follows:

*- Ross
Ferman.*

A parcel of land approximately thirty eight feet (38') by one hundred and twenty three feet (123') abutting the said County Way and shown as "Parcel B" on Exhibit A attached hereto. Also conveying hereby any and all interest of the Grantor in and to the area now or formerly known as Ogdensburg Street in the City of Portland and any and all interest of the Grantor in and to the lot or parcel of land shown as "Parcel C" on Exhibit A attached hereto.

IN WITNESS WHEREOF, the said Cumberland County has caused this instrument to be signed in its corporate name by its County Commissioners, duly authorized, this 22nd day of February, 2010.

CUMBERLAND COUNTY

Peter J. Cushman
Witness

By: [Signature]
James F. Cloutier
Cumberland County Commissioner

Peter J. Cushman
Witness

By: [Signature]
Malory O. Shaughnessy
Cumberland County Commissioner

Peter J. Cushman
Witness

By: [Signature]
Richard J. Feeney
Cumberland County Commissioner

RECEIVED

MAY 27 2011

Dept. of Building Inspections
City of Portland Maine

State of Maine
Cumberland, ss.

February 22, 2010

Personally appeared the above-named James F. Cloutier, Malory O. Shaughnessy and Richard J. Feeney and acknowledged the foregoing instrument to be their free act and deed in their said capacities and the free act and deed of the Cumberland County Commissioners and Cumberland County.

Before me,

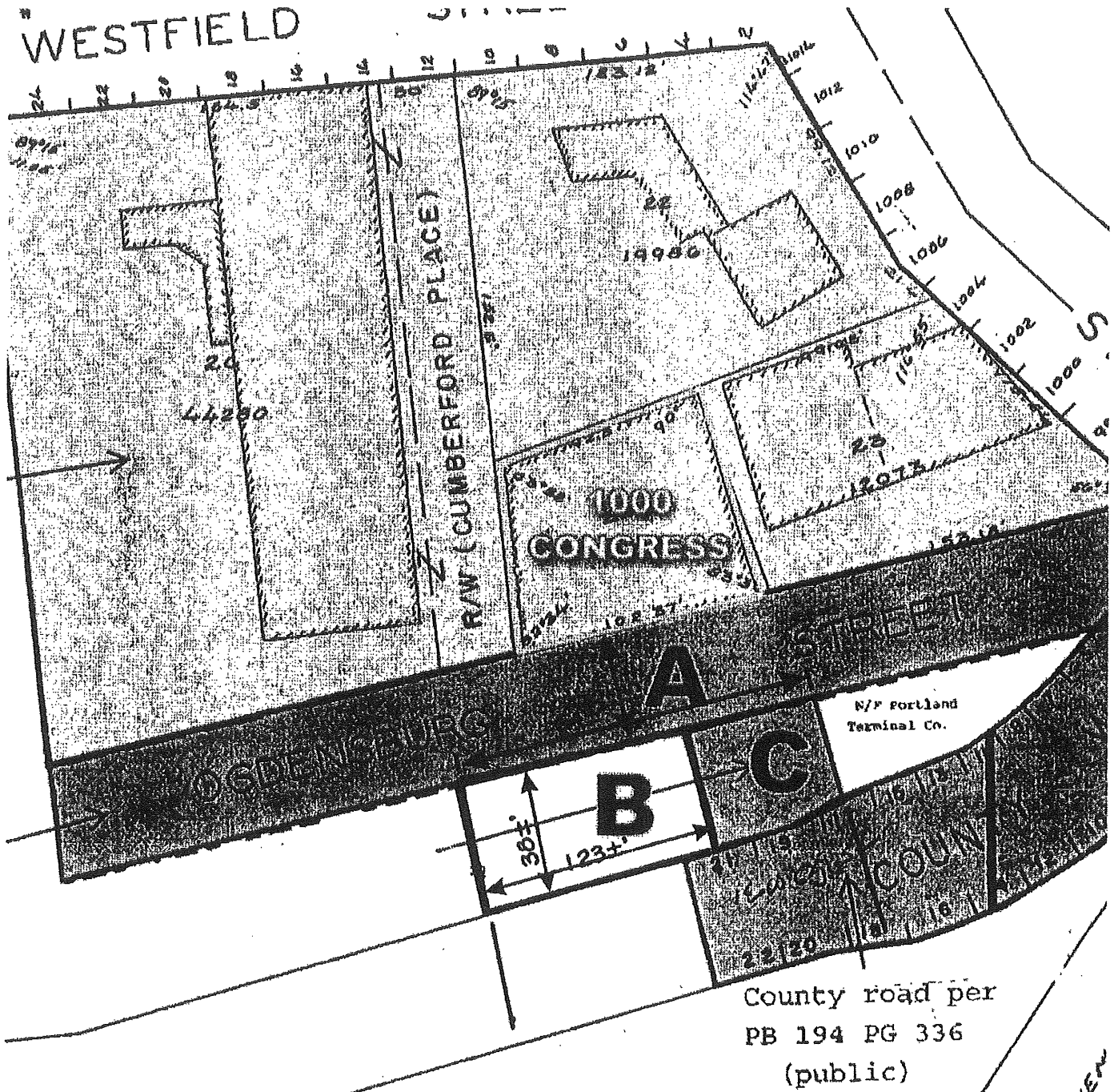
Barbara Mary Buckley

Notary Public/Attorney-at-Law
BARBARA MARY BUCKLEY
Notary Public, Maine
My Commission Expires May 22, 2010

Printed Name

SEAL

EXHIBIT A



Received
Recorded Register of Deeds
Mar 03, 2010 03:29:51P
Cumberland County
Pamela E. Lovley

10. EXEM

KELLY, REMMEL & ZIMMERMAN

ATTORNEYS AT LAW
53 EXCHANGE STREET
P.O. BOX 597
PORTLAND, MAINE 04112-0597

U. CHARLES REMMEL, II
BARRY ZIMMERMAN
GRAYDON G. STEVENS
R. TERRANCE DUDDY
TIMOTHY H. NORTON
MICHAEL A. DUDDY
JOHN A. MCARDLE, III
JENNIFER A. ARCHER
LAURI BOXER-MACOMBER

OF COUNSEL
JOHN N. KELLY

TELEPHONE
207-775-1020

WATTS

800-540-4212

FAX
207-773-4895

SENDER'S EMAIL
tnorton@krz.com

March 3, 2010

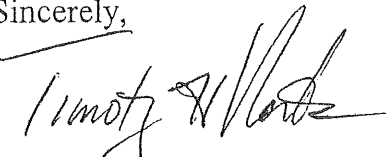
Peter J. Van Hemel, Esq.
Bernstein, Shur, Sawyer & Nelson
100 Middle Street
P.O. Box 9729
Portland, ME 04112

RE: Hope Leavitt Realty, LLC – 1000 Congress Street

Dear Peter:

Enclosed are checks in payment of your legal fees in connection with this transaction and in full payment of the purchase price for the land. I also enclose a copy of the closing statement.

Sincerely,



Timothy H. Norton

THN/llp

Enclosures

Cc: Jennifer Small ✓
Ross Furman

RECEIVED

MAY 23 2011

Dept. of Building Inspections
City of Portland Maine

CLOSING STATEMENT

Seller: County of Cumberland
Buyer: Hope Leavitt Realty, LLC
Property off County Way, Portland, Maine

Closing Date: February 17, 2010

1 SELLERS' TRANSACTION:

SALE PRICE \$ **15,000.00**

Less:

a. Transfer Taxes N/A*
b. Seller's Attorney's Fees \$1,750.00
c. Real Estate Tax Proration N/A**

Total Deductions: **(\$1,750.00)**

Plus:

a. Buyer's contr. to Seller's Attorney's fees \$ 1,750.00

Total Additions: \$ **1,750.00**

TOTAL DUE SELLER: \$ **15,000.00**

2 BUYER'S TRANSACTION:

PURCHASE PRICE: \$ **15,000.00**

Less:

a. Real Estate Tax Proration N/A**

Total Deductions: **\$0.00**

Plus:

a. Transfer Taxes: \$ 33.00
b. Recording Fees (Deed) \$ 20.00
c. Buyer's contr. to Seller's Attorney's fees \$ 1,750.00

Total Additions: \$ **1,803.00**

TOTAL DUE FROM BUYER: \$ **16,803.00**

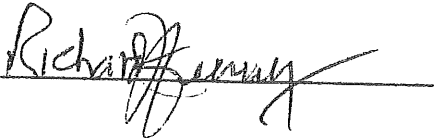
3 SOURCE OF FUNDS:

a. Buyer's Funds	\$	16,803.00	
TOTAL			\$ 16,803.00

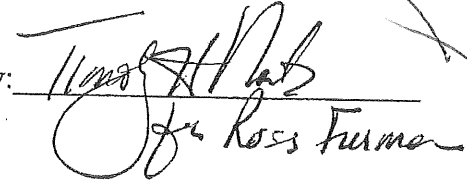
4 CHECKS TO BE ISSUED:

a. County of Cumberland (Seller)	\$	15,000.00	
b. Cumberland County Registry of Deeds	\$	53.00	
c. Bernstein Shur (Seller's Attorney)	\$	1,750.00	
TOTAL CHECKS:			\$ 16,803.00

County of Cumberland

By: 

Hope Leavitt Realty, LLC

By: 

* The County is exempt from real estate transfer taxes.

** The Property is owned by the County of Cumberland and is exempt from real estate taxes.

081064 / 07-05

**RAHF TRUST FOR
MALONE COMMERCIAL BROKERS INC.**

5 MOULTON STREET
PORTLAND, ME 04101

TD BANKNORTH
MAINE
52-7445-2112

March 3, 2010

1660

PAY TO THE
ORDER OF

The County of Cumberland

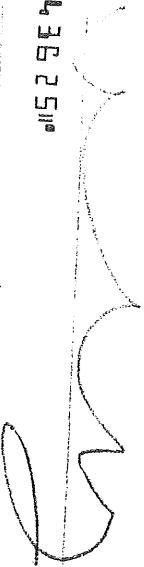
\$ 15,000.00

Fifteen Thousand Dollars and No Cents*****
DOLLARS


MEMO

Escrow Release for County Rd. Furman

⑈001550⑈ ⑆211274450⑆ 029143625⑈



MP

Security Features Included.  Details on back.

SUCCESSFUL VENTURES INC.

P.O. BOX 2
PORTLAND, MAINE 04112

1090

PAY TO THE
ORDER OF

Barnstom Shm Sawyer Nelson
One thousand seven hundred \$57 Dollars

DATE 3/24/10 1052-7457-2112

\$ 1750.00

Gorham
SAVINGS BANK

FOR

land 1000 Congress St.

Rm 11 Furman

MAINE LEASE

This lease was developed to provide both landlords and tenants with a lease that is both reasonable and understandable. Some lease sections allow you to write in additional information. For these sections if you have no additions write in "None" or "N.A." ("Not Applicable"). Both parties should read this lease carefully and agree with all provisions before signing it. If there are provisions you want changed or added, cross out or write in. Then both parties should initial the changes. Finally, each party should receive a copy of the signed lease.

RECEIVED

MAY 23 2011

1. PARTIES TO THIS LEASE

The parties to this lease are:

LANDLORD Name Ross Y. Furman TENANT Name Adam Nelson Dept. of Building Inspections
 Address: Box Two Address: 259 Spruce Hill Rd City of Portland Maine
BRISTOL, ME 04839
 Telephone: Portland, ME Telephone: (207)-677-6500
 Fax: 04112 email: adam.nelson@crossfitcascobay.com
(207) 773-7000
 Name _____
ROSSFURMAN@AOL.COM Address: _____
 Telephone: _____

2. MANAGING AGENT

If the landlord employs an agent to manage this property, the agent is:

Name N/A
 Address: _____
 Telephone: _____

CROSS-FIT CASCO BAY
FITNESS STUDIO
 This property is an _____ office, _____ a warehouse, _____ other. It is
 located at: 1000 Congress St Floor: FIRST Unit # _____
PORTLAND, ME. 04101

3. PROPERTY LOCATION

This property is an _____ office, _____ a warehouse, _____ other. It is
 located at: 1000 Congress St Floor: FIRST Unit # _____
PORTLAND, ME. 04101

4. LENGTH OF LEASE

A. Initial Rental Period. The landlord will rent this property to the
 tenant for 60 months. This term shall begin on the 12 day of SEPT.
 2011 and shall end on the 31 day of August 2016 at noon.

5. RENT PAYMENTS

A. Rent Amount. The rent for this property is \$ 2975. a month. 1ST YEAR
 The tenant shall pay the rent for each month on the 13th day of the month. PRESENT

B. Paying the Rent. The rent should be paid to: ROSS Y. FURMAN. The landlord can assess a penalty of 4 % (up to
 4%) of the monthly rent once payment is 15 or more days late. Schedule
in Page
4
AF

6. SECURITY DEPOSIT

A. Amount of Security Deposit. The tenant has paid the landlord
 \$ N/A as a Security Deposit. The Security Deposit is in addition to
 rental payments and should not be substituted by the tenant for unpaid rent.
 The landlord will hold the Security Deposit until the end of the tenancy. The

8. Damage. The tenant agrees not to damage the property, the building, the grounds or the common areas or to interfere with the rights of other tenants to operate in their units in peace and quiet. Damage caused by the tenant, or the tenant's employees, invitees or guests shall be repaired by the tenant at the tenant's expense. Upon the tenant's failure to make such repairs the landlord, after reasonable written notice to the tenant, may make the repairs and the tenant shall be responsible to the landlord for their reasonable cost.

9. LANDLORD ENTRY INTO THE PROPERTY

Except for emergencies, the landlord may enter the property only during reasonable hours and after obtaining the tenant's consent at least 24 hours in advance. The tenant may not unreasonably withhold consent to the landlord to enter the property.

10. DISTURBING THE PEACE

The tenant agrees not to cause or allow on the premises any excessive nuisance, noise or other activity which disturbs the peace and quiet of other tenants in the building or violates any state law or local ordinance.

11. EVICTION FOR VIOLATION OF LEASE

A. Notice of Violation. Serious or repeated violations of the terms of this lease can result in termination of the lease and eviction of the tenant. Except for failure to pay rent (see Paragraph B) or dangerous actions by a Tenant (see Paragraph B), if the tenant does not live up to the terms of this lease the following will occur:

(1) The landlord may deliver to the tenant a written notice describing the violation and demanding that the tenant cease the lease violation within 10 days of delivery of the notice.

(2) If the tenant does not comply within the 10 day period, the landlord may deliver to the tenant a second written notice that the lease will end within 30 days. On that day, the lease term automatically terminates and the tenant must leave the property and return the keys to the landlord.

B. Eviction for failure to pay rent. If the tenant is 14 days or more late in paying the rent the landlord may send a notice that states that the lease will end in 7 days, unless the tenant pays all overdue rent or late charges before the 7 day period ends. If the tenant fails to pay the rent the lease term automatically terminates and the tenant will leave the property and return the keys to the landlord.

C. Eviction for Dangerous Acts. If the tenant's actions pose an immediate threat to the health or safety of other occupants or the landlord or the landlord's employees, or to the physical structure of the building, then the lease can be terminated immediately, without prior warning.

D. Notice of Termination. The landlord must notify the tenant in writing when the lease is terminated. This notice must:

(1) State the reasons for termination with enough specificity to allow the tenant to prepare a defense;

(2) Advise the tenant that if a judicial proceeding for eviction is commenced, the tenant has the right to present a defense in that proceeding; and

(3) Be served on the tenant by sending a prepaid first class properly address letter (return receipt request) to the tenant at the property or by delivering a copy of the notice to the rental unit.

12. SUBLEASING

The tenant agrees not to sublease or assign this property without the prior written consent of the landlord. Consent will not be withheld, except for good reason.

13. WHEN THE TENANCY ENDS

The tenant will have to pay for damage to the property only if the damage was caused by the tenant or the tenant's employees, invitees or guest. The tenant must return the keys to the property or else the tenant can be considered a "hold-over" tenant and will be obligated to pay monthly rent.

14. OTHER AGREEMENTS

The landlord and the tenant also agree to the following:

Will install GAS HEATER IN SPACE!
COVERED WINDOWS IN BACK BUILDING.
Ross = level floor; Fix lights & outlets; Pass door in building
Adam = Bathrooms & Showers Build-out; Repair Back Wall & Paint-out interior

15. SIGNATURES

The tenant's signature is a personal guarantee of all obligations within this lease. Both tenant and landlord have received identical copies of this lease. Each copy has been signed and dated by both landlord and tenant.

2nd Day of MAY 20011
 (Dated)

Adam P. Nelson
 (Personally guaranteed) (Tenant)

Jennifer V. Furman PRINTED:

ADAM NELSON

20th Day of May 20011
 (Dated) witnessed

(Personally guaranteed) (Tenant)

Jennifer V. Furman PRINTED:

Ross Y. Furman
 (landlord)

20th Day of May 20011
 (Dated) witnessed

PRINTED:

ROSS Y. FURMAN

1 ST YEAR	monthly Rent	\$ 2975. ⁰⁰ MO.
2 ND year	" "	\$ 3075. MO.
3 RD year	" "	\$ 3175. MO.
4 TH year	" "	\$ 3275 MO.
5 TH year	" "	3375 MO.



Administrative Authorization Application

Portland, Maine

Planning and Urban Development Department, Planning Division

PROJECT NAME: Remodel 100 Congress St. for Crossfit

PROJECT ADDRESS: 100 Congress CHART/BLOCK/LOT: 076 A030001

APPLICATION FEE: _____ (\$50.00)

PROJECT DESCRIPTION: (Please Attach Sketch/Plan of the Proposal/Development)

Remodel of Vacant Maint facility into Fitness Studio

CONTACT INFORMATION:

OWNER/APPLICANT

Name: ADAM NELSON

Address: 139 KENNEBEC ST.
PORTLAND, ME.

Work #: 207-761-0003

Cell #: 603-767-9768

Fax #: _____

Home #: 207-677-6300

E-mail: adam.nelson@crossfit
adam.nelson@crossfitcascobay.com

CONSULTANT/AGENT

Name: FMC CADD (John Ossi)

Address: 141 Preble St.

Work #: 207 878-8511

Cell #: 329-6499

Fax #: _____

Home #: _____

E-mail: _____

RECEIVED

JUN 27 2011
election

Dept. of Building Inspections
City of Portland Maine

Criteria for an Administrative Authorizations:

(see section 14-523(4) on pg .2 of this appl.)

- a) Is the proposal within existing structures?
- b) Are there any new buildings, additions, or demolitions?
- c) Is the footprint increase less than 500 sq. ft.?
- d) Are there any new curb cuts, driveways or parking areas?
- e) Are the curbs and sidewalks in sound condition?
- f) Do the curbs and sidewalks comply with ADA?
- g) Is there any additional parking?
- h) Is there an increase in traffic?
- i) Are there any known stormwater problems?
- j) Does sufficient property screening exist?
- k) Are there adequate utilities?
- l) Are there any zoning violations?
- m) Is an emergency generator located to minimize noise?
- n) Are there any noise, vibration, glare, fumes or other impacts?

Applicant's Assessment Planning Division

Y(yes), N(no), N/A

Y(yes), N(no), N/A

<u>Y</u>	<u>See attached</u>
<u>N</u>	<u>JB</u>
<u>N</u>	
<u>N</u>	
<u>Y</u>	
<u>Y</u>	
<u>Y</u>	
<u>N</u>	
<u>N</u>	
<u>N</u>	
<u>Y</u>	
<u>Y</u>	
<u>N</u>	
<u>N</u>	

Signature of Applicant:

Adam Nelson

Date:

04 MAY 2011

Criteria for an Administrative Authorizations:
 (See Section 14-523 (4) on page 2 of this application)

Applicant's Assessment
 Y(yes), N(no), N/A

Planning Division
 Use Only

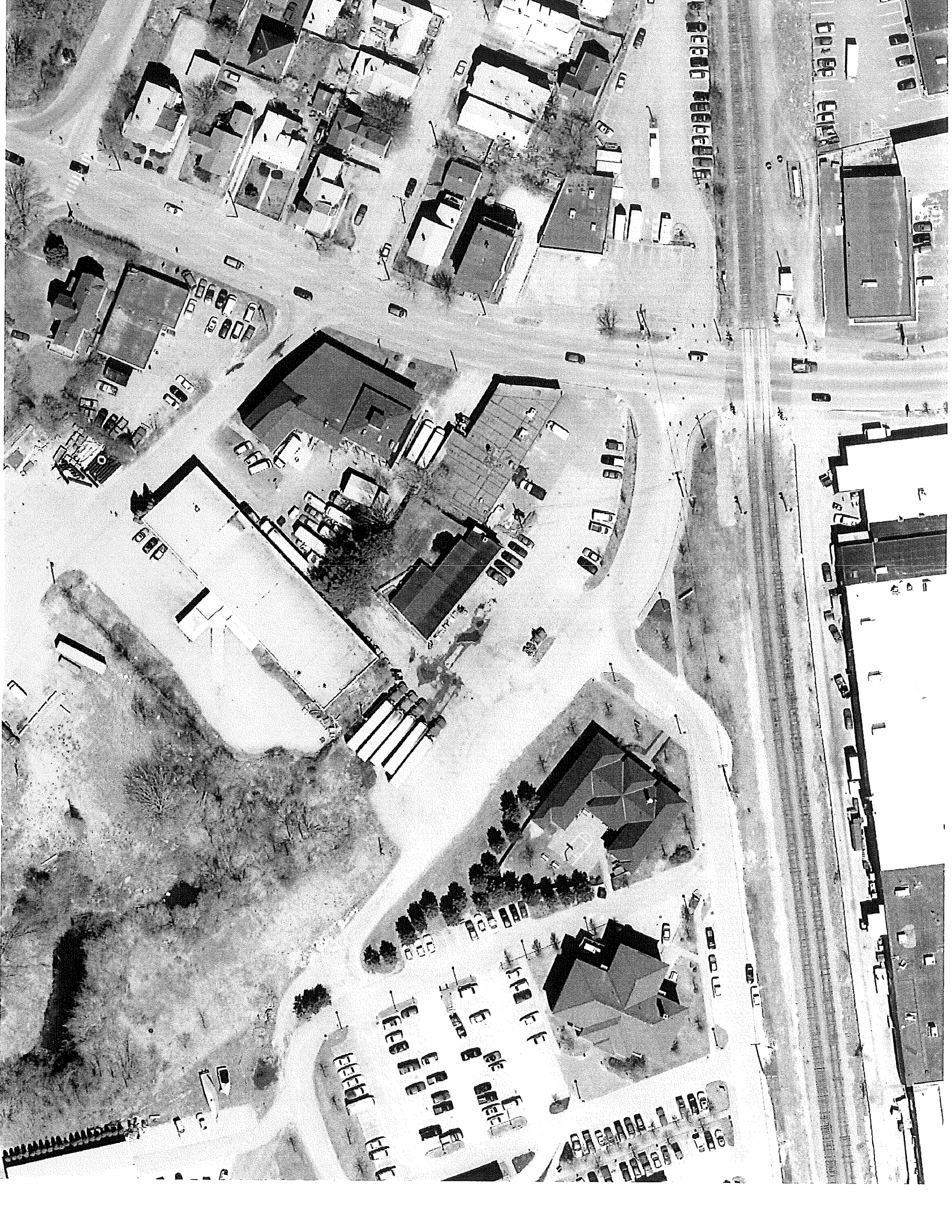
a) Is the proposal within existing structures?	Yes	Yes
b) Are there any new buildings, additions, or demolitions?	No	No
c) Is the footprint increase less than 500 sq. ft.?	No	n/a
d) Are there any new curb cuts, driveways or parking areas?	No	No
e) Are the curbs and sidewalks in sound condition?	Yes	Yes
f) Do the curbs and sidewalks comply with ADA?	Yes	Yes
g) Is there any additional parking?	Yes	No
h) Is there an increase in traffic?	No	No
i) Are there any known stormwater problems?	No	No
j) Does sufficient property screening exist?	No	Yes
k) Are there adequate utilities?	Yes	Yes
l) Are there any zoning violations?	Yes	No
m) Is an emergency generator located to minimize noise?	No	No
n) Are there any noise, vibration, glare, fumes or other impacts?	No	No

The request for an administrative authorization for 1000 Congress Street was granted by Barbara Barhydt, Development Review Program Manager on June 16, 2011 with the following conditions and standard condition of approval.

1. That if any exterior improvements to the site are proposed, then the applicant shall submit an application for those exterior changes, including but not limited to, exterior lighting, expansion of the parking lot or changes to driveway entrances or other site changes.

Standard Condition of Approval

The applicant shall obtain all required City Permits, including building permits from the Inspection Division (Rm. 315, City Hall (874-8703) prior to the start of any construction.





RE-MODEL OF
1000 CONGRESS STREET
for Crossfit
PORTLAND, ME

DATE 05-03-11

BY JJO

DESCRIPTION ISSUED FOR PERMITTING

REV. 1

CODE:

TOWN: PORTLAND

DATE: 05-03-11

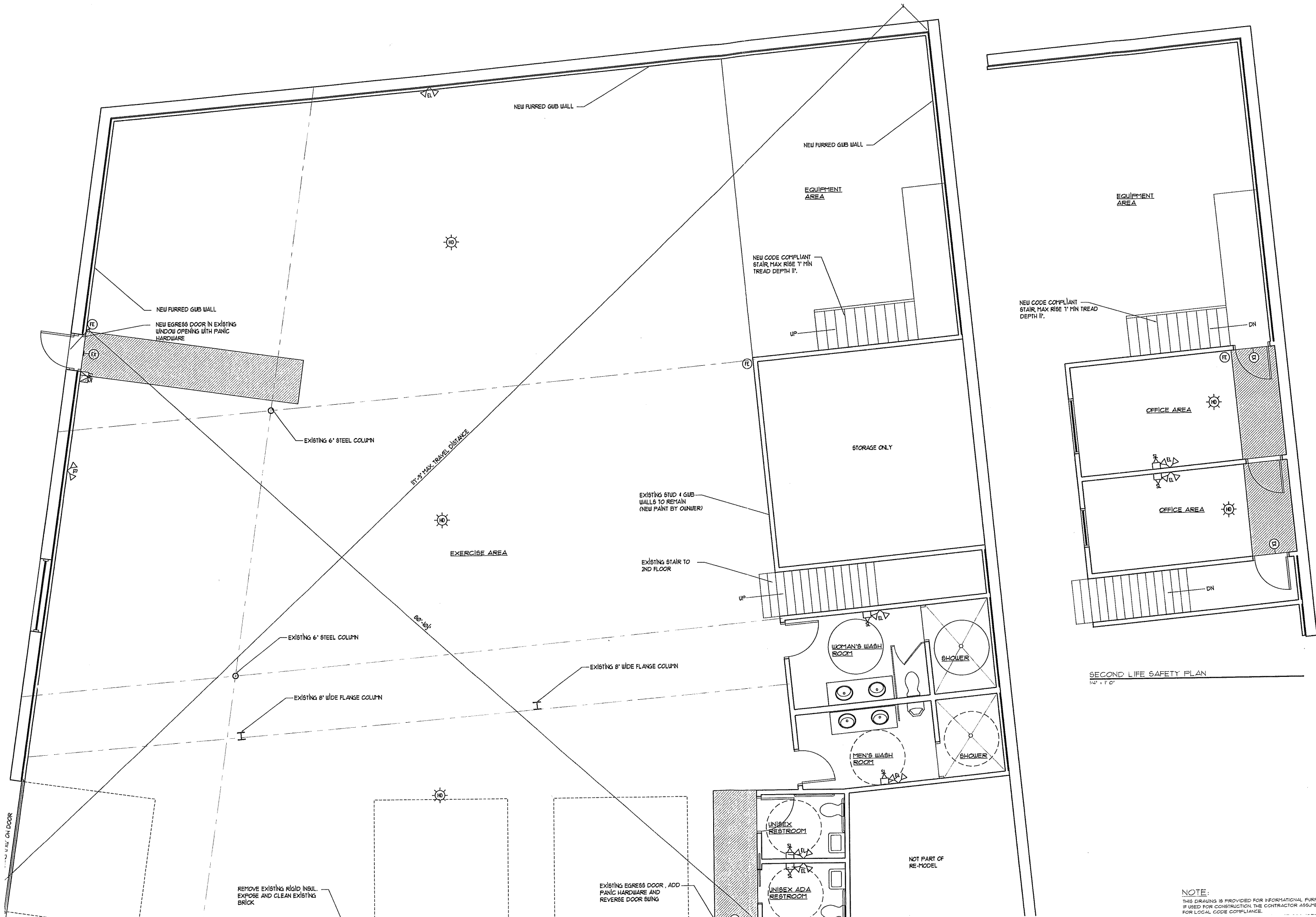
SCALE: AS NOTED

DESIGNED:

DRAWN: JJO

TITLE:

LIFE SAFETY



SECOND LIFE SAFETY PLAN
1/4" = 1' 0"

NOTE:
THIS DRAWING IS PROVIDED FOR INFORMATIONAL PURPOSES ONLY.
IF USED FOR CONSTRUCTION THE CONTRACTOR ASSUMES ALL RESPONSIBILITY
FOR LOCAL CODE COMPLIANCE.

New Exercise Facility for Crossfit

1000 Congress Street, Portland, Maine

BUILDING CODE COMPLIANCE:

Design Criteria - This project has been designed for compliance with the following codes
 A. International Building Code (IBC) 2009 Edition
 B. NFPA 101 - 2009 Edition

Occupancy Classification Group A-3 Assembly
 Use Group Classification Exercise Room
 Occupant Load (4,848 sf) 96 (Exercise Room)
 Occupant Load (354 sf) 4 (Office Area)
 Total Occupant Load 100
 Required egress units @2" per occupant = 24", 144" provided
 Construction Classification Type ~~VB~~ **3B**

Fire System Requirements:
 A. An automatic sprinkler system is not required
 B. Portable fire extinguishers rating shall be 2-A:20-B:C, spacing shall not exceed 15-feet

Fire Alarm and detection system requirements
 A. An automatic fire alarm and detection system is required in Group A-3
 B. No Manual fire alarm system is required
 C. No automatic or manual flammable Gas detection system is required.



NOTE:
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 ALL DRAWINGS, PLANS, SKETCHES ETC. ARE PROVIDED TO OUR CLIENTS BASED UPON INFORMATION PROVIDED BY THE CLIENT AND DRAWN IN ACCORDANCE WITH COMMON BUILDING PRACTICES AND LOCAL CODES. NONE OF THE SERVICES OF FPC CAD DRAFTING SERVICES, INC. ARE REGISTERED ARCHITECTS, ENGINEERS OR LAND SURVEYORS. ALL DIMENSIONS AND SPECIFICATIONS SHOULD BE VERIFIED BY CLIENT AND/OR CONTRACTOR BEFORE ACTUAL CONSTRUCTION BEGINS. FPC CAD DRAFTING SERVICES, INC. WILL NOT BE HELD HARMLESS BY CLIENT AND/OR CONTRACTOR BEFORE ACTUAL CONSTRUCTION BEGINS. FPC CAD DRAFTING SERVICES, INC. ASSUMES NO LIABILITY FOR CHANGES AND/OR REVISIONS MADE TO PLANS BY CLIENT AND/OR CONTRACTOR.

SITE PLAN
 1" = 10'-0"

PROPERTY OF



RE-MODEL OF
 1000 CONGRESS STREET
 for Crossfit
 PORTLAND, ME

REV.	DESCRIPTION	BY	DATE
1	ISSUED FOR PERMITTING	JJO	05-03-11

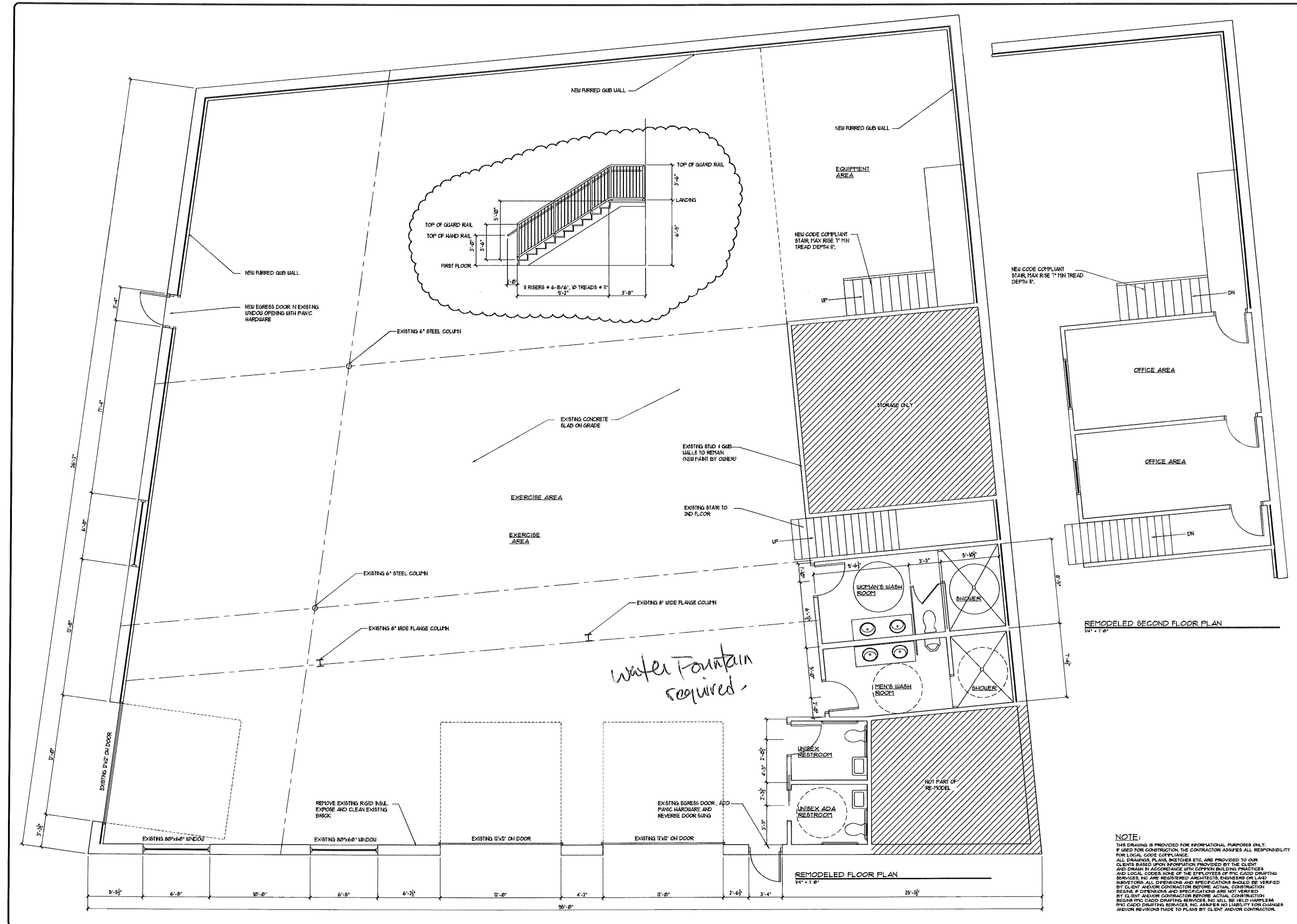
CODE: IBC 2009
 TOWN: PORTLAND
 DATE: 05-03-11
 SCALE: AS NOTED
 DESIGNED:
 DRAWN: JJO

TITLE:
 NEW FLOOR PLAN
 FILE:
 SHEET: A-1

RECEIVED

JUL 11 2011

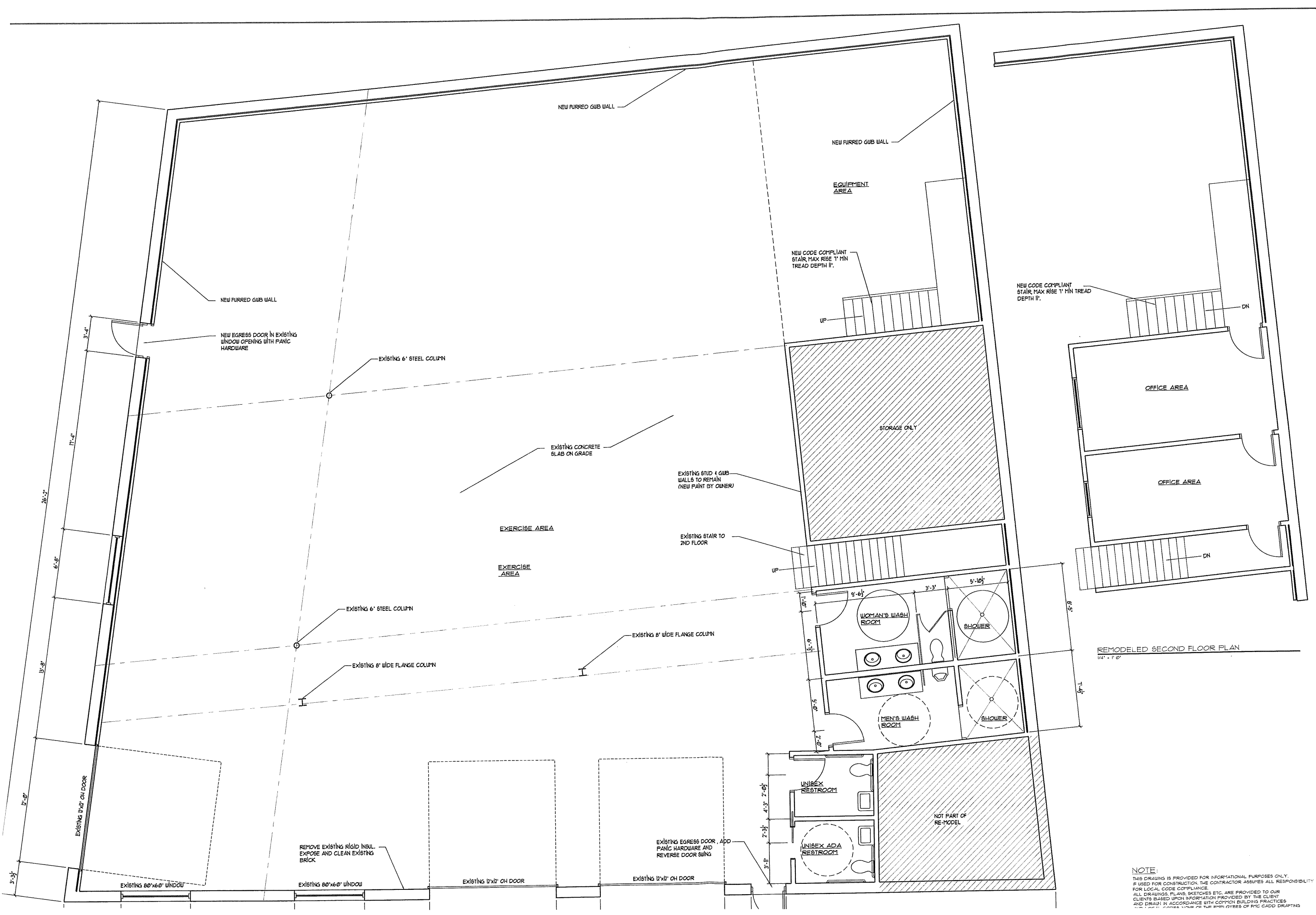
Dept. of Building Inspections
 City of Portland Maine



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 AND/OR REVISIONS MADE TO PLANS BY CLIENT AND/OR CONTRACTOR.

PROPERTY OF	
 PFCADD Engineering Resource Center 75 Bishop St. Portland, Maine 04103 207-799-8511 Fax: 207-878-8513 Email: info@pfcadd.com	
RE-MODEL OF 1000 CONGRESS STREET for Crossett PORTLAND, ME	
DATE	05-03-11
BY	JJO
DESCRIPTION	ADDED STAIR DETAIL
REV. 1	ADDED STAIR DETAIL
CODE	JBC 2809
TOWN	PORTLAND
DATE	05-03-11
SCALE	AS NOTED
DESIGNED	
DRAWN	JJO
TITLE	NEW FLOOR PLAN
FILE	
SHEET	A-1

RECEIVED
 JUL 11 2011
 Building Inspections
 Portland Maine



**RE-MODEL OF
 1000 CONGRESS STREET**
 for Crossfit
 PORTLAND, ME

REV.	DESCRIPTION	BY	DATE
1	ISSUED FOR PERMITTING	JJO	05-03-11
2			
3			

CODE: IBC 2
 TOWN: PORTL/
 DATE: 05-03
 SCALE: AS NOTED
 DESIGNED:
 DRAWN:
 TITLE:
NEW FLOOR PLAN

REMODELED SECOND FLOOR PLAN
 1/4" = 1'-0"

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