

Listed below are key characters (in bold) for searching within this file.

Hold down the control key and select the “f” key. Enter either a key character from the list below or document name and select enter for a list of documents containing the search word you entered.

**APL** – all documents behind this target sheet pertain to the original application submitted by the Applicant.

**REVIEW** – all documents behind this target sheet pertain to those documents submitted to and from staff as part of the project review.

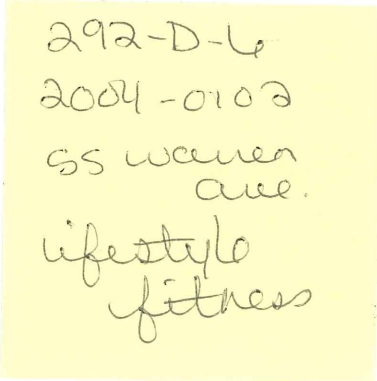
**PBM1** – all documents behind this target sheet are any Planning Board memos with attachments that went to the Board.

**PBR1** - all documents behind this target sheet are any Planning Board reports with attachments that went to the Board.

**CC1** - all documents behind this target sheet are any City Council memos/reports that went to the City Council.

**DRC1** - all documents behind this target sheet are those pertaining to the post review of the project by the Development Review Coordinator.

**MISC1** - all documents behind this target sheet are those that may not be included in any of the categories above.



292-D-6  
2004-0102  
55 waver  
ave.  
lifestyle  
fitness

**APL**

**CITY OF PORTLAND, MAINE  
DEVELOPMENT REVIEW APPLICATION  
PLANNING DEPARTMENT PROCESSING FORM  
Planning Copy**

2004-0102

Application I. D. Number

5/25/2004

Application Date

Lifestyles Fitness Center

Project Name/Description

Robert Ray

Applicant

30 Cuba Road, Manchester, ME 04351

Applicant's Mailing Address

JAMM Civil & Structural Engineering

Consultant/Agent

Applicant Ph: (207) 786-4790 Applicant Fax: (207) 732-8761

Applicant or Agent Daytime Telephone, Fax

55 - 55 Warren Ave, Portland, Maine

Address of Proposed Site

292 D006001

Assessor's Reference: Chart-Block-Lot

Proposed Development (check all that apply):  New Building  Building Addition  Change Of Use  Residential  Office  Retail  
 Manufacturing  Warehouse/Distribution  Parking Lot  Other (specify) \_\_\_\_\_

3,900 sq ft

Proposed Building square Feet or # of Units Acreage of Site Zoning

**Check Review Required:**

- |  |   |  |  |
|--|---|--|--|
| <input checked="" type="checkbox"/> Site Plan<br>(major/minor) | <input type="checkbox"/> Subdivision<br># of lots _____ | <input type="checkbox"/> PAD Review            | <input type="checkbox"/> 14-403 Streets Review   |
| <input type="checkbox"/> Flood Hazard                          | <input type="checkbox"/> Shoreland                      | <input type="checkbox"/> Historic Preservation | <input type="checkbox"/> DEP Local Certification |
| <input type="checkbox"/> Zoning Conditional<br>Use (ZBA/PB)    | <input type="checkbox"/> Zoning Variance                | <input type="checkbox"/> Other _____           |  |

Fees Paid: Site Pla \$400.00 Subdivision \_\_\_\_\_ Engineer Review \_\_\_\_\_ Date 5/25/2004

**Planning Approval Status:**

Reviewer \_\_\_\_\_

- Approved  Approved w/Conditions  
See Attached  Denied

Approval Date \_\_\_\_\_ Approval Expiration \_\_\_\_\_ Extension to \_\_\_\_\_  Additional Sheets  
Attached

OK to Issue Building Permit \_\_\_\_\_  
signature date

**Performance Guarantee**  Required\*  Not Required

\* No building permit may be issued until a performance guarantee has been submitted as indicated below

- |   |                |  |                 |
|---|----------------|--|-----------------|
| <input type="checkbox"/> Performance Guarantee Accepted     | _____          | _____  | _____           |
|   | date           | amount   | expiration date |
| <input type="checkbox"/> Inspection Fee Paid                | _____          | _____  |                 |
|   | date           | amount   |                 |
| <input type="checkbox"/> Building Permit Issue              | _____          |  |                 |
|   | date           |  |                 |
| <input type="checkbox"/> Performance Guarantee Reduced      | _____          | _____  | _____           |
|   | date           | remaining balance                                  | signature       |
| <input type="checkbox"/> Temporary Certificate of Occupancy | _____          | <input type="checkbox"/> Conditions (See Attached) | _____           |
|   | date           |  | expiration date |
| <input type="checkbox"/> Final Inspection                   | _____          | _____  |                 |
|   | date           | signature  |                 |
| <input type="checkbox"/> Certificate Of Occupancy           | _____          |  |                 |
|   | date           |  |                 |
| <input type="checkbox"/> Performance Guarantee Released     | _____          | _____  |                 |
|   | date           | signature  |                 |
| <input type="checkbox"/> Defect Guarantee Submitted         | _____          | _____  | _____           |
|   | submitted date | amount   | expiration date |
| <input type="checkbox"/> Defect Guarantee Released          | _____          | _____  |                 |
|   | date           | signature  |                 |



## City of Portland Site Plan Application

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.

Address of Proposed Development: <b>55 WARREN AVENUE</b>		Zone: <b>B4 (RS &amp; R3)</b>
Total Square Footage of Proposed Structure: <b>3,900 SF BLDG. ADDITION</b>	Square Footage of Lot: <b>83,290 (014001)</b> <b>104,354 (006001)</b>	
Tax Assessor's Chart, Block & Lot:  Chart# <b>292</b> Block# <b>D</b> Lot# <b>006001</b> <b>292</b> <b>D</b> <b>014001</b>	Property owner's mailing address: <b>BENTLEY HOLDINGS INC P.O. Box 679 PORTLAND 04104</b> <b>RAY, ROBERT &amp; LINDA RR#1 Box 995 MANCHESTER, ME 04351</b>	Telephone #: <b>207-786-4790</b>
Consultant/Agent, mailing address, phone # & contact person: <b>JAMM Civil &amp; Structural Eng.</b> <b>P.O. Box 98</b> <b>Poland, ME 04274</b> <b>207 998 7017 jamm@pivot.net</b> <b>Mark Gray, P.E.</b>	Applicant's name, mailing address, telephone #/Fax#/Pager#: <b>ROBERT RAY</b> <b>30 Cuba Road</b> <b>Manchester ME 04351</b> <b>207-786-4790</b> <b>-207-732-8761 FAX</b>	Project name: <b>BUILDING EXPANSION</b> <b>LIFESTYLE</b> <b>FITNESS CENTER</b>
<p><b>Proposed Development (check all that apply)</b></p> <p><input type="checkbox"/> New Building <input checked="" type="checkbox"/> Building Addition <input type="checkbox"/> Change of Use <input type="checkbox"/> Residential <input type="checkbox"/> Office <input type="checkbox"/> Retail <input type="checkbox"/> Manufacturing</p> <p><input type="checkbox"/> Warehouse/Distribution <input checked="" type="checkbox"/> Parking lot</p> <p><input type="checkbox"/> Subdivision (\$500.00) + amount of lots _____ (\$25.00 per lot) \$ _____</p> <p><input type="checkbox"/> Site Location of Development (\$3,000.00) (except for residential projects which shall be \$200.00 per lot _____)</p> <p><input type="checkbox"/> Traffic Movement (\$1,000.00) <input type="checkbox"/> Stormwater Quality (\$250.00)</p> <p><input type="checkbox"/> Section 14-403 Review (\$400.00 + \$25.00 per lot)</p> <p><input type="checkbox"/> Other _____</p> <p><b>Major Development (more than 10,000 sq. ft.)</b></p> <p><input type="checkbox"/> Under 50,000 sq. ft. (\$500.00)</p> <p><input type="checkbox"/> 50,000 - 100,000 sq. ft. (\$1,000.00)</p> <p><input type="checkbox"/> Parking Lots over 100 spaces (\$1,000.00)</p> <p><input type="checkbox"/> 100,000 - 200,000 sq. ft. (\$2,000.00)</p> <p><input type="checkbox"/> 200,000 - 300,000 sq. ft. (\$3,000.00)</p> <p><input type="checkbox"/> Over 300,000 sq. ft. (\$5,000.00)</p> <p><input type="checkbox"/> After-the-fact Review (\$1,000.00 + applicable application fee)</p> <p><b>Minor Site Plan Review</b></p> <p><input checked="" type="checkbox"/> Less than 10,000 sq. ft. (\$400.00)</p> <p><input type="checkbox"/> After-the-fact Review (\$1,000.00 + applicable application fee)</p> <p><b>Plan Amendments</b></p> <p><input type="checkbox"/> Planning Staff Review (\$250.00)</p> <p><input type="checkbox"/> Planning Board Review (\$500.00)</p>		

- Please see next page -

Who billing will be sent to: (Company, Contact Person, Address, Phone #)

Robert Ray, Bentley Holdings Inc., P.O. Box 679 PORTLAND, ME 04104  
207-786-4790

Submittals shall include (9) separate folded packets of the following:

- a. copy of application
- b. cover letter stating the nature of the project
- c. site plan containing the information found in the attached sample plans check list

Amendment to Plans: Amendment applications should include 6 separate packets of the above (a, b, & c)

**ALL PLANS MUST BE FOLDED NEATLY AND IN PACKET FORM**

Section 14-522 of the Zoning Ordinance outlines the process; copies are available at the counter at .50 per page (8.5 x11) you may also visit the web site: [ci.portland.me.us](http://ci.portland.me.us) chapter 14

*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 Official'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.*

Signature of applicant:

Robert Ray

Date:

5/18/04

This application is for site review ONLY, a building permit application and associated fees will be required prior to construction.

## Development in Portland

The City of Portland has instituted the following fees to recover the costs of reviewing development proposals under the Site Plan and Subdivision ordinances: application fee; engineering fee; and inspection fee. Performance and defect guarantees are also required by ordinance to cover all site work proposed.

The **Application Fee** covers general planning and administrative processing costs, and is paid at the time of application.

The Planning Division is required to send notices to neighbors upon receipt of an application and prior to public meetings. The applicant will be billed for mailing and advertisement costs. Applicants for development will be charged an **Engineering Review Fee**. This fee is charged by the Planning Division for review of on-site improvements of a civil engineering nature, such as storm water management as well as the engineering analysis of related improvements within the public right-of-way, such as public streets and utility connections, as assessed by the Department of Public Works. The Engineering Review fee must be paid before a building permit can be issued. Monthly invoices are sent out by the Planning Division on a monthly basis to cover engineering costs.

A **Performance Guarantee** will be required following approval of development plans. This guarantee covers all required improvements within the public right-of-way, plus certain site improvements such as landscaping, paving, and drainage improvements. The Planning Division will provide a cost estimate form for figuring the amount of the performance guarantee, as well as sample form letters to be filled out by a financial institution.

An **Inspection Fee** must also be submitted to cover inspections to ensure that sites are developed in accordance with the approved plan. The inspection fee is 2.0% of the performance guarantee amount, or as assessed by the planning or public works engineer. The minimum inspection fee is \$300 for development, unless no site improvements are proposed. Public Works inspects work within the City right-of-way and Planning inspects work within the site including pipe-laying and connections. (The contractor must work with inspectors to coordinate timely inspections, and should provide adequate notice before inspections, especially in the case of final inspection.)

Upon completion of a development project, the performance guarantee is released, and a **Defect Guarantee** in the amount of 10% of the performance guarantee must be provided. The Defect Guarantee will be released after a year.

Other reimbursements to the City include actual or apportioned costs for advertising and mailed notices. All fees shall be paid prior to the issuance of any building permit.

For more information on the fees or review process, please call the Planning Division at 874-8719 or 874-8721.

# JAMM

Civil & Structural Engineering

Mark Gray, P.E.

May 18, 2004

Kandice Talbot  
City of Portland  
389 Congress Street  
Portland, ME 04101

Subject: **Building and Parking Expansion  
Lifestyle Fitness Center  
55 Warren Avenue, Portland, Maine**

Dear Ms. Talbot:

The Lifestyle Fitness Center at 55 Warren Avenue, is proposing to construct a 30' by 130' expansion to the rear of their existing one story building, to provide for more room for exercise machines, expanded locker rooms, an expanded nursery area and a small area for office space. Also proposed are more parking spaces on the adjacent lot, also owned by the applicant.

The existing detention basin on site is proposed to be reshaped, enlarged and deepened to act as a wet pond to provide treatment for stormwater.

Existing utilities will be extended from within the building. No further connections to public utilities are thought necessary at this time.


Solid waste disposal will be accomplished with the same services now employed.

Once permits are secured, construction of the facility should proceed immediately and take 45 to 60 days, during the summer months.

No stormwater permit is required; a tier 1, NRPA permit is required, Jones Associates has the permitting process underway.

The attached exhibits include a traffic letter-report, wetlands related letter, landscaping plan, survey plan, stormwater calculations, parking lot illumination detail and site details and site plan.

Sincerely,  
JAMM Civil & Structural Engineering



Mark Gray, P.E.

cc. File

C:\11mark\2004\Projects\2004005\Minor Site Plan Cover Letter 5-18-04.doc



May 18, 2004

Mark Gray, P.E.  
 JAMM  
 155 Loon Point Lane  
 Poland Spring ME 04274

Re: Proposed Expansion of Body Exclusive Fitness Center - Traffic Assessment

Dear Mark:

Per your request I have performed an assessment of the potential traffic impacts associated with the proposed expansion of the existing Body Exclusive Fitness Center located on Warren Avenue just west of Forest Avenue in Portland. The proposed project will consist of a 30' x 130' (3,900 square feet) expansion of the Fitness Center. New traffic generated by this expansion was estimated utilizing the procedures contained in the publication Trip Generation – Seventh Edition<sup>1</sup> for ITE land use code 492 “Health/Fitness Club”. Traffic generation is estimated as follows:

AM Peak Hour (adjacent street - 7:00 – 9:00 AM)	5 Trips
PM Peak Hour (adjacent street - 4:00 – 6:00 PM)	16 Trips
AM Peak Hour (of Generator)	6 Trips
PM Peak Hour (of Generator)	16 Trips

This relatively minor level of traffic generation would not, in my opinion, have any significant impact on the capacity or level of service on the roadways in the vicinity of the site, nor would it require a MDOT Traffic Movement Permit.

Safety data for the 3 year period (2000 - 2002) was obtained from the Accident Records Section of the MDOT Bureau of Planning for roadways in the vicinity of the site. A summary of the accident history in the area is presented in the table below.

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<sup>1</sup> Institute of Transportation Engineers, 2003

## 2000-02 Accident History in Site Vicinity

LOCATION	2000-2002 ACCIDENTS	ANNUAL AVERAGE	CRITICAL RATE FACTOR <sup>2</sup>
Forest Ave @ Warren Ave	26	8.67	0.66
Warren Ave/ Forest to Bishop	9	3.00	0.63
Warren Ave @ Bishop St	2	0.67	0.34
Warren Ave/ Bishop to Hicks	7	2.33	0.42
Warren Ave @ Hicks St	1	0.33	0.17
Warren Ave/ Hicks to Newcombe	7	2.67	0.45
Warren Ave @ Newcombe	0	0	0
Warren Ave/ Newcombe to Seville	5	1.67	1.65
Warren Ave @ Seville	0	0	0
Warren Ave/ Seville to Riverside	38	12.67	0.89
Warren Ave @ Riverside St	28	9.33	0.70

MDOT guidelines for identification of a High Crash Location ( HCL - indicating a potential safety deficiency) is that a location must experience both 8 or more accidents in a 3 year period and have a Critical Rate Factor of 1.00 or greater. None of the locations in the table above satisfied the criteria

I trust that the above addresses your needs in this matter. Should you or the Poland Planning Board have any additional questions or concerns, please contact me.

Yours truly,

EATON TRAFFIC ENGINEERING

William C. Eaton, P.E.

<sup>2</sup> The Critical Rate Factor is a statistical measure which compares the accident frequency at a location to similar locations throughout the State. A Critical Rate Factor of 1.00 or greater indicates that the location has a higher frequency of accidents than would be expected due to random occurrence, with a 99 percent level of confidence.



TYPE:

CATALOG #:

McGRAW-EDISON®

DESCRIPTION

The McGraw-Edison Concourse III is the most versatile, functionally designed, universally adaptable outdoor lighting luminaire available. Through a variety of mounting styles, it offers a family of low profile sharp-cutoff luminaires that make optimum use of today's high output HID sources.

APPLICATION

Enhancing natural landscapes as well as cityscapes, the Concourse III brings outstanding performance and style to walkways, parking lots, roadways, loading docks, building areas, and any security lighting application. U.L. listed and CSA certified for wet locations.

SPECIFICATION FEATURES

A...Latches

Two spring-steel quick release latches on housing for toolless entry.

B...Socket

Porcelain mogul-base screw shell type lamp socket with spring-loaded center contact.

C...Housing

One-piece, die-cast aluminum housing features aesthetically pleasing soft-corner design.

D...Gasketing

Closed cell gas-filled high temperature silicone gasketing completely seals optical system from dirt, bugs or other foreign material.

E...Lens

Thermal shock- and impact-resistant clear tempered glass.

F...Optics

Optional high efficiency segmented or hydroformed reflectors available in a range of distributions. Reflector modules attach to the housing. All reflectors are field rotatable in 90° increments.<sup>(5)</sup>

G...Mounting

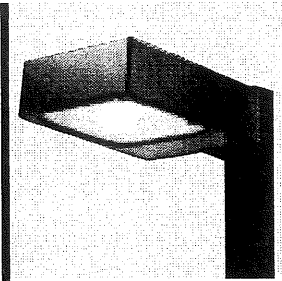
Universal mounting clamp concealed in housing fits 1 1/2" to 2 3/8" O.D. horizontal tenons without adapters. Provides a +5° vertical leveling adjustment.

H...Ballast

Easily removable high power factor HID multi-tap ballast is standard.

J...Hinges

Integral hinges prevent door rocking and optimize sealing capabilities.

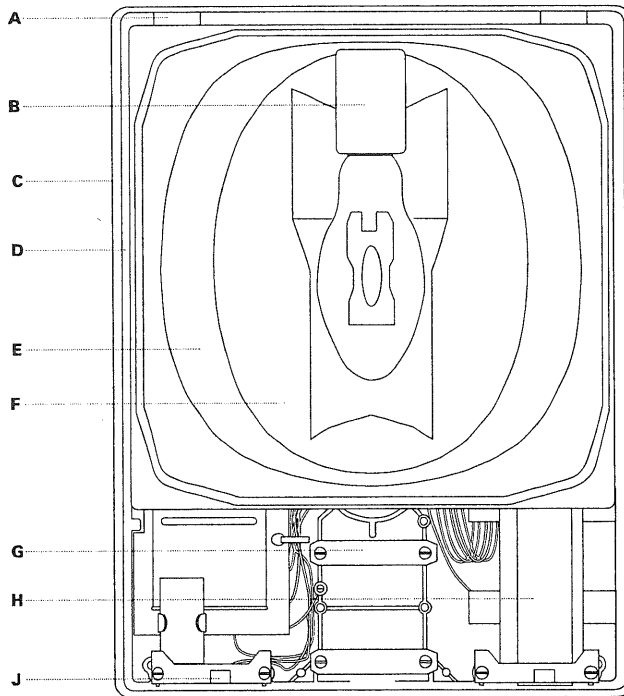


CAL CONCOURSE III

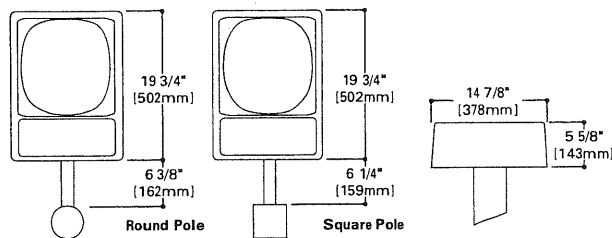
70 - 400 W

High Pressure Sodium Metal Halide

ARCHITECTURAL AREA LUMINAIRE



DIMENSIONS



COOPER LIGHTING

ENERGY DATA

Hi-Reactance Ballast Input Watts

- 70W HPS HPF (95 Watts)
- 70W MH HPF (94 Watts)
- 100W HPS HPF (130 Watts)
- 100W MH HPF (129 Watts)

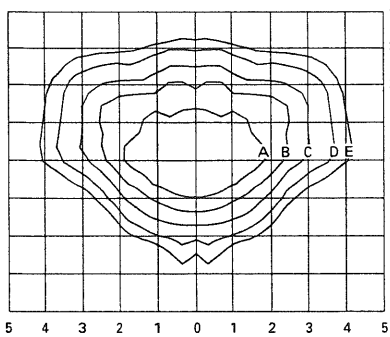
CWA Ballast Input Watts

- 150W MH HPF (210 Watts)
- 175W MH HPF (210 Watts)
- 250W HPS HPF (300 Watts)
- 250W MH HPF (295 Watts)
- 400W HPS HPF (465 Watts)
- 400W MH HPF (455 Watts)

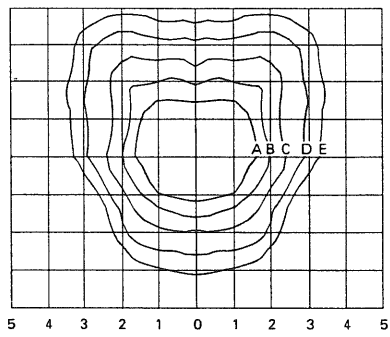
ADH011755



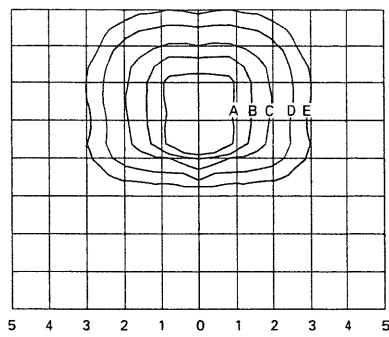
PHOTOMETRICS



**CAL-400-MH-MT-3S**  
400-Watt MH Type III Segmented  
40,000-Lumen Clear Lamp



**CAL-400-MH-MT-4S**  
400-Watt MH Type IV Segmented  
40,000-Lumen Clear Lamp



**CAL-400-MH-MT-SL**  
400-Watt MH Forward Throw Spill Light Eliminator  
40,000-Lumen Clear Lamp

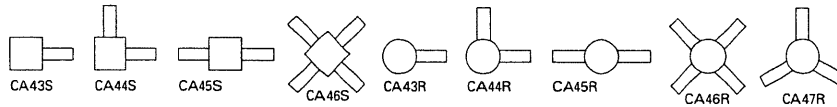
**Footcandle Table**

Select mounting height and read across for footcandle values of each isofootcandle line. Distance in units of mounting height.

Mounting Height	Footcandle Values for Isofootcandle Lines				
	A	B	C	D	E
20'	3.00	1.50	0.75	0.30	0.15
25'	2.00	1.00	0.50	0.20	0.10
30'	1.38	0.69	0.34	0.13	0.06

**Top Mounting for Square and Round Poles (order separately)**

Accommodates 2 3/8"—3" O.D. vertical tenons (arm included). Catalog number includes slipfitter and mounting arm(s). Square unit height is 6 1/4". Round unit height is 6 3/4".



ORDERING INFORMATION

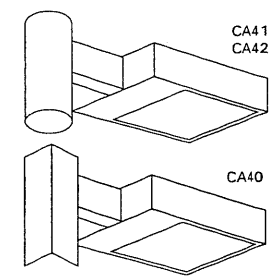
SAMPLE NUMBER: CAL-400-MH-MT-SL-BZ

<p><b>CAL</b></p> <p>Product Family' CAL=Concourse III</p>	<p>Lamp Wattage</p> <p>70 100 150 175 250 400<sup>2</sup></p>	<p>Lamp Wattage</p> <p>MH HPS</p>	<p>Voltage<sup>3</sup></p> <p>120 208 240 277 480 TT=Triple-Tap<sup>4</sup> MT=Multi-Tap<sup>4</sup></p>	<p>Optics</p> <p>2F=Design 20 Formed 2S=Segmented Type II 3F=Design 30 Formed 3S=Segmented Type III 4F=Design 40 Formed 4S=Segmented Type IV<sup>5</sup> 5F=Design 50 Formed SL=Forward Throw Spill Light Eliminator</p>	<p>Options (add as suffix)</p> <p>F=Single Fuse (120, 277 or 347V) FF=Double Fused (208, 240 or 480V) P=Button Type Photocontrol (Specify Voltage) R=NEMA Twistlock Photocontrol Receptacle Q=Quartz Restrike (limit to 150W maximum, quartz lamp only. Lamp not included.)<sup>*</sup> V=Vandal Shield L=Lamp Included</p>	<p>Optional Colors (add as suffix/ must specify color)</p> <p>BK=Black AP=Grey BZ=Bronze WH=White</p>	<p>Accessories (order separately)</p> <p>CA11=House Side Shield—Design 20 CA14=Wall Mount Adapter CA18=House Side Shield—Design 40 CA40=Direct Arm Mount for Square Pole (EPA 0.2) CA41=Direct Arm Mount for 3" Diameter Round Pole (EPA 0.2) CA42=Direct Arm Mount for 3 1/2" - 4" Diameter Round Pole (EPA 0.2) CA9005BZ=Adjustable Fitter, FA55BZ Required (fits 2 3/8" O.D. Vertical Tenon) OA1016=Photocontrol-Multi-Tap OA1027=Photocontrol-480V OA1046=120V Button Photocontrol for Field Installation OA1047=208/240V Button Photocontrol for Field Installation OA1048=277V Button Photocontrol for Field Installation OA1201=Photoelectric Control, 347V NEMA Type MA1055=House Side Shield (Type II &amp; III only)</p>
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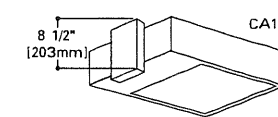
NOTES: <sup>1</sup> Bracket arms are not included with standard unit.  
<sup>2</sup> One bracket arm must be ordered for each standard unit (see Accessories).  
<sup>3</sup> 400W Metal Halide fixtures use E28 lamps only.  
<sup>4</sup> Products also available in non-US voltages and 50Hz for international markets. Consult factory for availability and ordering information.  
<sup>5</sup> Multi-Tap ballast is 120/208/240/277V wired 277V. Triple Tap ballast is 120/277/347V wired 347V. Add desired voltage after "MT" or "TT".  
<sup>\*</sup> IV segmented not rotatable with 400W HPS systems.  
<sup>\*</sup> Not available with quartz on "SL" optic.

Catalog Number	Lamp Wattage	Lamp Type	Ballast Type	Optics	Mounting Type	EPA	Net Wt. (lbs.)	Shipping Volume (cu. ft.)
CAL-175-MH-MT-2F	175	MH	Multi-tap	Design 20	Mast Arm	0.9	34	2.15
CAL-250-MH-MT-2F	250	MH	Multi-tap	Design 20	Mast Arm	0.9	32	2.15
CAL-400-MH-MT-2F	400	MH	Multi-tap	Design 20	Mast Arm	0.9	35	2.15
CAL-175-MH-MT-3F	175	MH	Multi-tap	Design 30	Mast Arm	0.9	34	2.15
CAL-250-MH-MT-3F	250	MH	Multi-tap	Design 30	Mast Arm	0.9	32	2.15
CAL-400-MH-MT-3F	400	MH	Multi-tap	Design 30	Mast Arm	0.9	35	2.15
CAL-400-MH-MT-3S	400	MH	Multi-tap	Segmented Type III	Mast Arm	0.9	35	2.15
CAL-400-MH-MT-4S	400	MH	Multi-tap	Segmented Type IV	Mast Arm	0.9	35	2.15
CAL-400-MH-MT-SL	400	MH	Multi-tap	Spill Light Eliminator	Mast Arm	0.9	35	2.15
CAL-175-MH-MT-4F	175	MH	Multi-tap	Design 40	Mast Arm	0.9	34	2.15
CAL-250-MH-MT-4F	250	MH	Multi-tap	Design 40	Mast Arm	0.9	32	2.15
CAL-250-MH-MT-4S	250	MH	Multi-tap	Segmented Type IV	Mast Arm	0.9	36	2.15
CAL-400-MH-MT-4F	400	MH	Multi-tap	Design 40	Mast Arm	0.9	35	2.15
CAL-175-MH-MT-5F	175	MH	Multi-tap	Design 50	Mast Arm	0.9	34	2.15
CAL-175-MH-MT-3S	175	MH	Multi-tap	Segmented Type III	Mast Arm	0.9	34	2.15
CAL-250-MH-MT-5F	250	MH	Multi-tap	Design 50	Mast Arm	0.9	32	2.15
CAL-150-HPS-MT-2F	150	HPS	Multi-tap	Design 20	Mast Arm	0.9	28	2.15
CAL-400-HPS-MT-2F	400	HPS	Multi-tap	Design 20	Mast Arm	0.9	36	2.15
CAL-150-HPS-MT-3F	150	HPS	Multi-tap	Design 30	Mast Arm	0.9	28	2.15
CAL-400-HPS-MT-3F	400	HPS	Multi-tap	Design 30	Mast Arm	0.9	36	2.15
CAL-400-HPS-MT-3S	400	HPS	Multi-tap	Segmented Type III	Mast Arm	0.9	36	2.15
CAL-400-HPS-MT-SL	400	HPS	Multi-tap	Spill Light Eliminator	Mast Arm	0.9	36	2.15
CAL-150-HPS-MT-4F	150	HPS	Multi-tap	Design 40	Mast Arm	0.9	28	2.15
CAL-400-HPS-MT-4F	400	HPS	Multi-tap	Design 40	Mast Arm	0.9	36	2.15
CAL-150-HPS-MT-5F	150	HPS	Multi-tap	Design 50	Mast Arm	0.9	28	2.15
CAL-400-HPS-MT-5F	400	HPS	Multi-tap	Design 50	Mast Arm	0.9	36	2.15

DIRECT ARM MOUNTINGS



WALL MOUNT ADAPTER



NOTE: Specifications and dimensions subject to change without notice.

Visit our web site at [www.cooperlighting.com](http://www.cooperlighting.com)

Customer First Center 1121 Highway 74 South Peachtree City, GA 30269 770.486.4800 FAX 770.486.4801 ADH011755



# COOPER UTILITY LIGHTING

## SSSSQUARE STRAIGHT STEEL

10' - 39'

Mounting Height

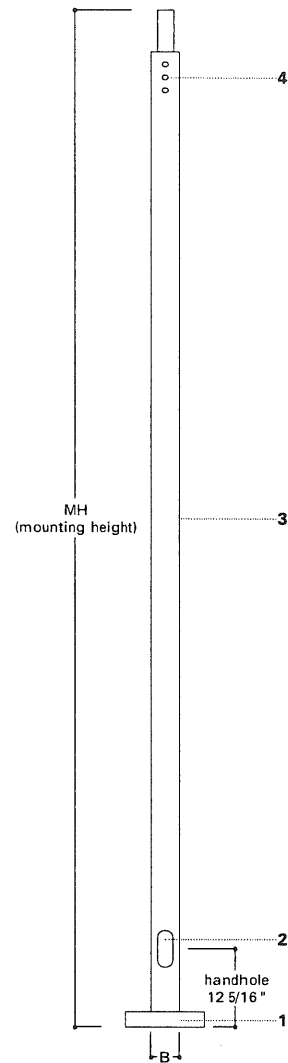
SQUARE STRAIGHT  
STEEL

### FINISH COLORS

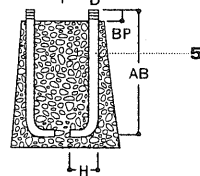
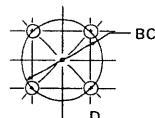
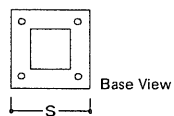
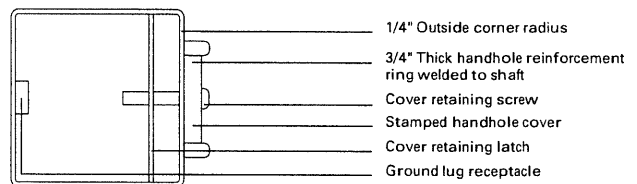
F=Dark Bronze  
G=Galvanized  
H=Red  
I=Royal Blue  
P=Prime  
S=Silver  
V=Grey  
W=White  
X=None  
Y=Black

### DETAILS

REFER TO CHART FOR DIMENSIONAL INFORMATION



### HANDHOLE (section through standard handhole)



### SPECIFICATIONS

- |  |   |
|--|---|
| <p>1...ASTM Grade steel base plate with ASTM A366 base cover.</p> <p>2...Handhole assembly 3" x 5" on 5" and 6" pole; and 2" x 4" on 4" pole.</p> <p>3...ASTM A500 grade "B" steel shaft. Shot blasted and painted with polyester powder coat.</p> | <p>4...Drilled or Tenon (specify).</p> <p>5...Anchor bolt per ASTM A576 with (2) nuts, (2) flat washer, and (1) lock washer. Nuts, washers and threaded portion of bolt are hot dip galvanized. 3" hook for 3/4" bolt. 4" hook for 1" bolt.</p> |
|--|---|

**ORDERING INFORMATION**

The following information illustrates the correct way to enter an order for **SSS5A20SFM1XG**. The ordering designation is detailed as follows.

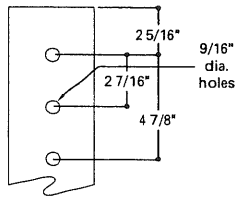
Square	Straight	Steel	Shaft <sup>3</sup> Size	Wall Thickness	Mounting Height (ft.)	Base Type	Finish	Fixture Mounting & Type	No. & Location of Arms	Arm Lengths	Accessories (Ground Lug)
S	S	S	5	A	20	S	F	M	1	X	G

Mtg. Height	Catalog <sup>1, 2</sup> Number	Wall Thickness	Base Square (In.)	Bolt Circle Dia. (In.)	Bolt Proj. (In.)	Shaft Size (In.)	Anchor Bolt Dia. & Length (In.)	Net. Wt. (Lbs.)	EPA At Pole Top (Sq. Ft.)	EPA (Sq. Ft.) <sup>4</sup> 2' Above Pole Top	Max. Fixture Load—Include Bracket (Lbs.)				
MH			S	BC	BP	B	AB		80	90	100				
10	SSS4A10SF	.120	10 1/2	11.0	4 1/2	4	3/4 x 25 x 3	96	28.5	22.1	17.5	20.3	15.8	12.5	150
15	SSS4A15SF	.120	10 1/2	11.0	4 1/2	4	3/4 x 25 x 3	133	17.3	13.0	9.9	10.9	8.2	6.2	150
20	SSS4A20SF	.120	10 1/2	11.0	4 1/2	4	3/4 x 25 x 3	152	8.5	5.9	4.1	7.0	4.9	3.4	200
25	SSS4A25SF	.120	10 1/2	11.0	4 1/2	4	3/4 x 25 x 3	208	4.7	2.7	1.2	4.0	2.3	1.0 <sup>5</sup>	200
20	SSS5A20SF	.120	10 1/2	11.0	4 1/2	5	3/4 x 25 x 3	202	15.1	11.0	8.0	12.6	9.1	6.7	200
25	SSS5A25SF	.120	10 1/2	11.0	4 1/2	5	3/4 x 25 x 3	248	9.7	6.4	4.0	8.3	5.5	3.4	200
30	SSS5A30SF	.120	10 1/2	11.0	4 1/2	5	3/4 x 25 x 3	293	5.4	2.6	.6 <sup>5</sup>	4.3	2.1	.5 <sup>5</sup>	300
35	SSS5M35SF	.188	10 1/2	11.0	4 1/2	5	3/4 x 25 x 3	480	6.6	3.4	1.1 <sup>5</sup>	5.9	3.1	1.0 <sup>5</sup>	300
25	SSS6A25SF	.120	12 1/2	12.5	5	6	1 x 36 x 4	295	16.0	11.0	7.6	13.7	9.6	6.6	200
30	SSS6A30SF	.120	12 1/2	12.5	5	6	1 x 36 x 4	347	10.3	6.2	3.3	8.2	5.0	2.6	200
30	SSS6M30SF	.188	12 1/2	12.5	5	6	1 x 36 x 4	505	20.2	14.1	9.7	16.1	11.2	7.7	300
35	SSS6M35SF	.188	12 1/2	12.5	5	6	1 x 36 x 4	584	12.5	7.8	4.5 <sup>5</sup>	11.3	7.0	4.0	300
35	SSS6X35SF	.250	12 1/2	12.5	5	6	1 x 36 x 4	696	19.0	12.9	8.6	17.0	11.6	7.7	450
39	SSS6M39SF	.188	12 1/2	12.5	5	6	1 x 36 x 4	647	8.6	4.3	1.4	7.9	4.1	1.3 <sup>5</sup>	300
39	SSS6X39SF	.250	12 1/2	12.5	5	6	1 x 36 x 4	822	14.4	8.9	5.0	13.2	8.2	4.7	300

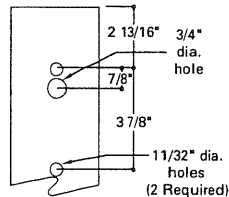
NOTES: <sup>1</sup> Catalog number includes pole with anchor bolts with double nuts (BEFORE INSTALLING ANCHOR BOLTS MAKE SURE PROPER ANCHOR BOLT TEMPLATE IS OBTAINED FROM COOPER LIGHTING). <sup>2</sup> Tenon size or machining for rectangular arms must be specified. Handhole is located 180° from single arm. <sup>3</sup> Shaft size, base plate, anchor bolts and projections may vary slightly—all dimensions nominal. <sup>4</sup> EPA's based on shaft properties with wind normal to flat. EPA's calculated using base wind velocity as indicated plus 30% gust factor. <sup>5</sup> Not recommended.

**DRILLING PATTERN**

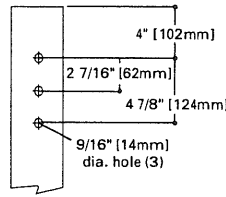
Type "M"



Type "E"

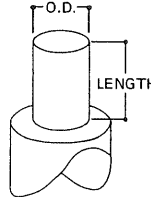


Type "Z"



**MOUNTING OPTIONS (add as suffix)**

Fixed Tenon



Designation Number	O.D. (In.)	Length (In.)
1	2 3/8	3 1/2
2	2 3/8	4
3	3 1/2	5
9	3	4

**MACHINING FOR RECTANGULAR ARMS (add as suffix)**

Designation Letter & Number	Designation (UCS Only) Letter & Number	Designation (Cirrus / Credenza Only) Letter & Number	Quantity & Location
M1	E1	Z1	Single
M2	E2	Z2	2 @ 180° <sup>1</sup>
M3	E3	Z3	3 @ 120° <sup>2</sup>
M4	E4	Z4	4 @ 90° <sup>1</sup>
M5	E5	Z5	2 @ 90° <sup>1</sup>
M6	E6	Z6	3 @ 90°
M7	E7	Z7	2 @ 120°

NOTES: <sup>1</sup> Arm mounting holes located 45° from base holes. <sup>2</sup> First drilling is 180° from handhole.

**ACCESSORIES**

A=1/2" tapped hub<sup>1</sup>  
 B=3/4" tapped hub<sup>1</sup>  
 C=Convenience outlet<sup>2</sup>  
 G=Grounding lug (max. wire #8 AWG)  
 H=Additional handhole and cover—  
 12" below pole top—90° from handhole.

NOTES: <sup>1</sup> Location is 3" above base—90° from handhole.  
<sup>2</sup> Outlet is located 4' above base and on same side of pole as handhole, unless specified otherwise. Receptacle not included, provision only.

NOTE: Specifications and Dimensions subject to change without notice.

May 18, 2004

Building Expansion Lifestyle Fitness Center, 55 Warren Avenue, Portland, ME

## Stormwater Narrative

Existing site was developed in 1994 and has an existing detention basin to limit pre-development design peak flow rated to those that were calculated prior to development. Areas that are tributary to Warren Avenue are not increasing in area or discharge rate and are therefore not considered in these calculations. Developed areas tributary to the detention basin are increasing in area, and the need for treatment of the stormwater now exists, so the existing detention basin has been reshaped, enlarged and excavated to provide treatment of the stormwater through wet pond treatment.

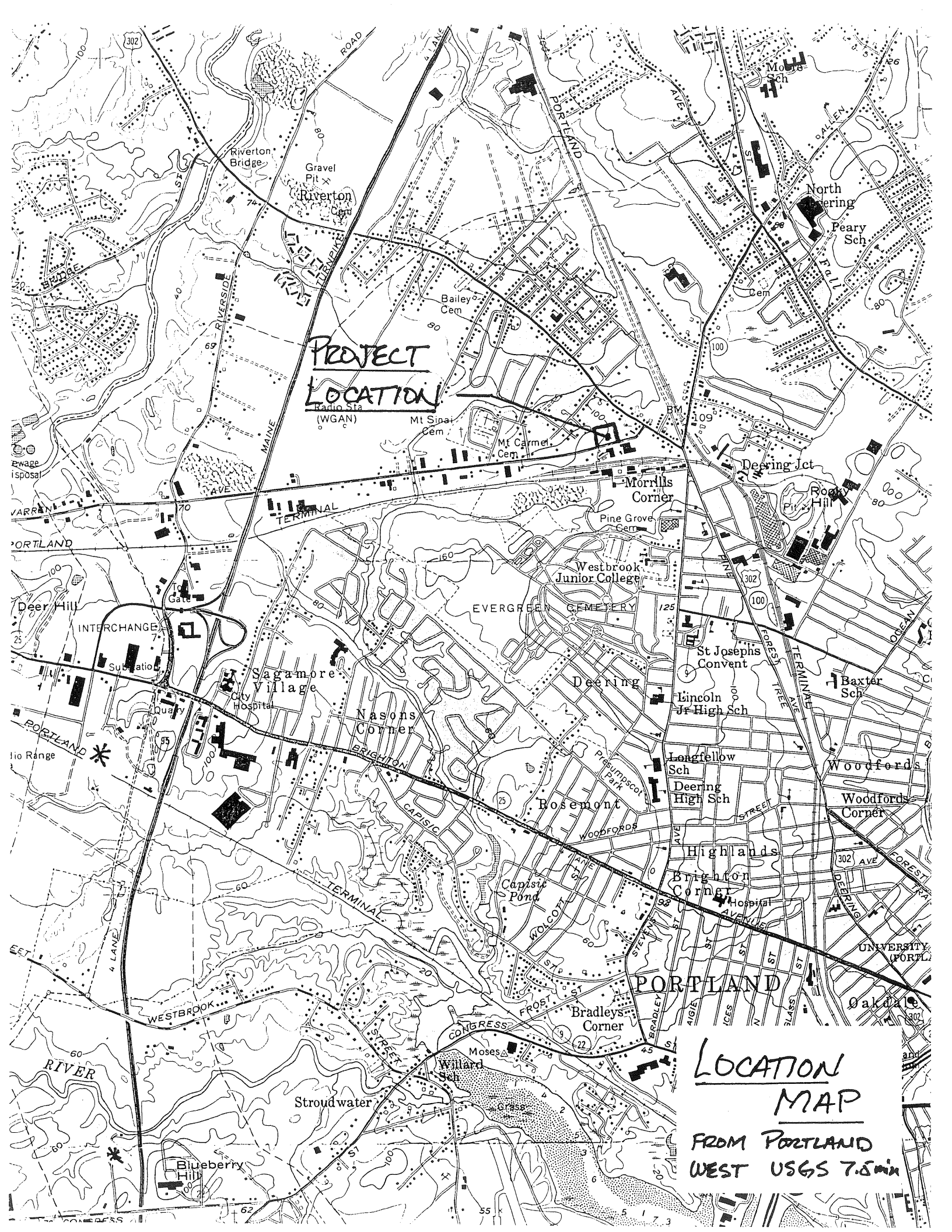
The existing site (including both parcels) is 4.31 acres in size, and is located on the north side of Warren Avenue, about 600 feet west of Route 302. The site slopes toward the west and north to a wet area which is in turn tributary to a drainage course passing under Avalon Road, on to an unnamed brook to the north and west of the site which is in turn tributary to the Fore River. Soils on site are mapped as Belgrade (HSC B) with wetland areas Scantic (HSC C).

Stormwater calculations were performed using the HydroCAD stormwater modeling software using a type III SCS hydrograph. Three design storms were modeled; the 2 year storm, raining 3.0 inches in 24 hours; the 10 year storm raining 4.7 inches in 24 hours; and the 25 year storm, raining 5.5 inches in 24 hours.

Pre-development catchment is B1. Runoff for each storm from catchment B1 is compared to post-development detention basin to determine if peak discharge rates are controlled. See the attached chart

HydroCAD Structure	2 Yr Storm	10 Yr Storm	25 Yr Storm
B1 (pre-development)	1.35	3.86	5.21
P1 (post-development basin)	1.21	3.66	4.63
Decrease in peak discharge rate	0.14	0.20	0.58
Peak Pond Elevation	100.18	100.79	101.02

The detention basin/wet pond provides treatment for TSS at 52%, because of the wet pond with 3' depth and 1 storage volume and aspect ratio between 4:1 and 2:1. See calculations.



**PROJECT  
LOCATION**

**LOCATION  
MAP**

**FROM PORTLAND  
WEST USGS 7.5min**

(Joins sheet 75)

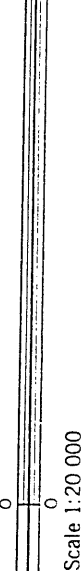
HrB (Joins sheet 76)



PROJECT  
LOCATIONS



1 Mile  
5 000 Feet



Scale 1:20 000

SOIL  
MAP

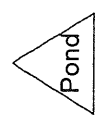
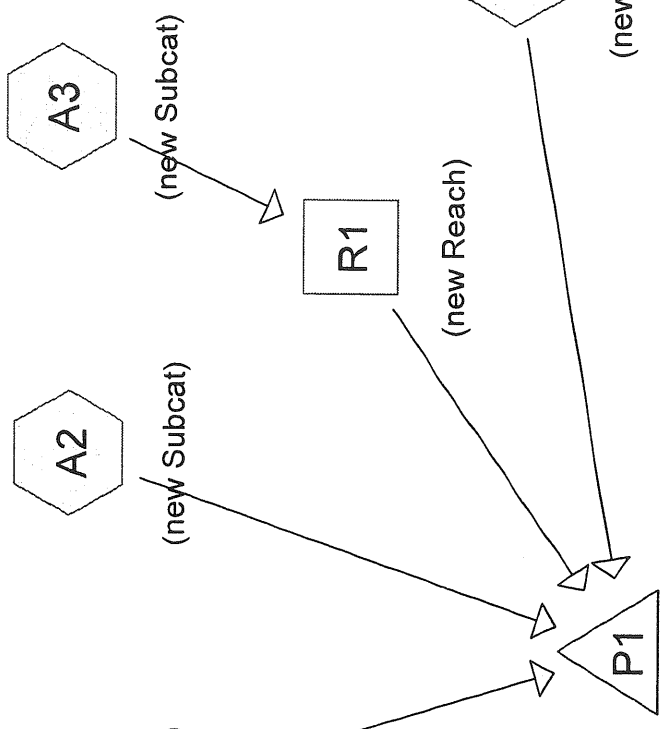
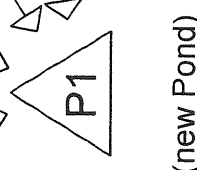
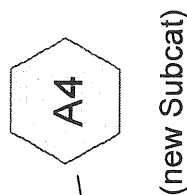
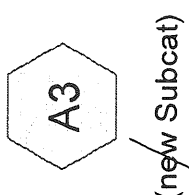
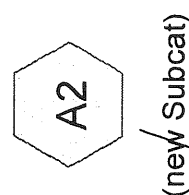
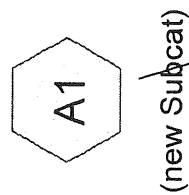
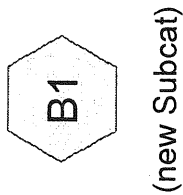
PBB

(Joins sheet 85)

297 000 FEET

297 000 FEET

(Joins sheet 86)



**Drainage Diagram for Lifestyle Fitness Center**  
Prepared by {enter your company name here} 5/19/2004  
HydroCAD® 7.00 s/n 000885 © 1986-2003 Applied Microcomputer Systems



Time span=5.00-30.00 hrs, dt=0.02 hrs, 1251 points  
Runoff by SCS TR-20 method, UH=SCS  
Reach routing by Stor-Ind+Trans method - Pond routing by Stor-Ind method

**Subcatchment A1: (new Subcat)**                      Runoff Area=74,232 sf    Runoff Depth=3.29"  
Tc=6.0 min    CN=87    Runoff=6.46 cfs    0.467 af

**Subcatchment A2: (new Subcat)**                      Runoff Area=15,587 sf    Runoff Depth=4.35"  
Tc=5.0 min    CN=98    Runoff=1.70 cfs    0.130 af

**Subcatchment A3: (new Subcat)**                      Runoff Area=18,989 sf    Runoff Depth=4.35"  
Tc=5.0 min    CN=98    Runoff=2.07 cfs    0.158 af

**Subcatchment A4: (new Subcat)**                      Runoff Area=7,159 sf    Runoff Depth=3.59"  
Tc=5.0 min    CN=90    Runoff=0.69 cfs    0.049 af

**Subcatchment B1: (new Subcat)**                      Runoff Area=93,101 sf    Runoff Depth=1.82"  
Tc=10.0 min    CN=70    Runoff=3.86 cfs    0.324 af

**Reach R1: (new Reach)**                      Peak Depth=0.67'    Max Vel=6.1 fps    Inflow=2.07 cfs    0.158 af  
D=8.0"    n=0.010    L=70.0'    S=0.0140 '/'    Capacity=1.86 cfs    Outflow=1.86 cfs    0.158 af

**Pond P1: (new Pond)**                      Peak Elev=100.79'    Storage=29,949 cf    Inflow=10.67 cfs    0.803 af  
Outflow=3.66 cfs    0.794 af

**Total Runoff Area = 4.800 ac    Runoff Volume = 1.127 af    Average Runoff Depth = 2.82"**

**Subcatchment A1: (new Subcat)**

Runoff = 7.87 cfs @ 12.09 hrs, Volume= 0.574 af, Depth= 4.04"

Runoff by SCS TR-20 method, UH=SCS, Time Span= 5.00-30.00 hrs, dt= 0.02 hrs  
Type III 24-hr 25 Yr Storm Rainfall=5.50"

Area (sf)	CN	Description
20,000	74	C LAWN
5,070	98	WET POND SURFACE
13,226	71	UNMOWED AREAS
35,936	98	IMPERVIOUS
74,232	87	Weighted Average

Tc (min)	Length (feet)	Slope (ft/ft)	Velocity (ft/sec)	Capacity (cfs)	Description
6.0					Direct Entry,

**Subcatchment A2: (new Subcat)**

Runoff = 1.99 cfs @ 12.07 hrs, Volume= 0.152 af, Depth= 5.11"

Runoff by SCS TR-20 method, UH=SCS, Time Span= 5.00-30.00 hrs, dt= 0.02 hrs  
Type III 24-hr 25 Yr Storm Rainfall=5.50"

Area (sf)	CN	Description
15,587	98	PARKING LOT

Tc (min)	Length (feet)	Slope (ft/ft)	Velocity (ft/sec)	Capacity (cfs)	Description
5.0					Direct Entry,

**Subcatchment A3: (new Subcat)**

Runoff = 2.42 cfs @ 12.07 hrs, Volume= 0.186 af, Depth= 5.11"

Runoff by SCS TR-20 method, UH=SCS, Time Span= 5.00-30.00 hrs, dt= 0.02 hrs  
Type III 24-hr 25 Yr Storm Rainfall=5.50"

Area (sf)	CN	Description
18,989	98	ROOF

Tc (min)	Length (feet)	Slope (ft/ft)	Velocity (ft/sec)	Capacity (cfs)	Description
5.0					Direct Entry,

**Subcatchment A4: (new Subcat)**

Runoff = 0.83 cfs @ 12.07 hrs, Volume= 0.060 af, Depth= 4.35"

Runoff by SCS TR-20 method, UH=SCS, Time Span= 5.00-30.00 hrs, dt= 0.02 hrs  
Type III 24-hr 25 Yr Storm Rainfall=5.50"

Area (sf)	CN	Description
4,931	98	IMPERVIOUS
2,228	71	UNMOWED AREAS
7,159	90	Weighted Average

Tc (min)	Length (feet)	Slope (ft/ft)	Velocity (ft/sec)	Capacity (cfs)	Description
5.0					Direct Entry,

**Subcatchment B1: (new Subcat)**

Runoff = 5.21 cfs @ 12.14 hrs, Volume= 0.430 af, Depth= 2.41"

Runoff by SCS TR-20 method, UH=SCS, Time Span= 5.00-30.00 hrs, dt= 0.02 hrs  
Type III 24-hr 25 Yr Storm Rainfall=5.50"

Area (sf)	CN	Description
93,101	70	C WOODS

Tc (min)	Length (feet)	Slope (ft/ft)	Velocity (ft/sec)	Capacity (cfs)	Description
10.0					Direct Entry,

**Reach R1: (new Reach)**

Inflow Area = 0.436 ac, Inflow Depth = 5.11" for 25 Yr Storm event  
 Inflow = 2.42 cfs @ 12.07 hrs, Volume= 0.186 af  
 Outflow = 1.87 cfs @ 12.04 hrs, Volume= 0.186 af, Atten= 23%, Lag= 0.0 min

Routing by Stor-Ind+Trans method, Time Span= 5.00-30.00 hrs, dt= 0.02 hrs  
 Max. Velocity= 6.1 fps, Min. Travel Time= 0.2 min  
 Avg. Velocity = 2.5 fps, Avg. Travel Time= 0.5 min

Peak Depth= 0.67' @ 12.04 hrs  
 Capacity at bank full= 1.86 cfs  
 8.0" Diameter Pipe n= 0.010 Length= 70.0' Slope= 0.0140 '/'

**Pond P1: (new Pond)**

Inflow Area = 2.662 ac, Inflow Depth = 4.38" for 25 Yr Storm event  
 Inflow = 12.52 cfs @ 12.08 hrs, Volume= 0.972 af  
 Outflow = 4.63 cfs @ 12.34 hrs, Volume= 0.962 af, Atten= 63%, Lag= 15.6 min  
 Primary = 4.63 cfs @ 12.34 hrs, Volume= 0.962 af

Routing by Stor-Ind method, Time Span= 5.00-30.00 hrs, dt= 0.02 hrs  
 Starting Elev= 99.00' Surf.Area= 6,163 sf Storage= 17,045 cf  
 Peak Elev= 101.02' @ 12.34 hrs Surf.Area= 8,469 sf Storage= 31,795 cf (14,750 cf above start)  
 Plug-Flow detention time= 311.7 min calculated for 0.570 af (59% of inflow)  
 Center-of-Mass det. time= 93.4 min ( 877.9 - 784.5 )

#	Invert	Avail.Storage	Storage Description
1	94.80'	40,684 cf	<b>Custom Stage Data (Prismatic)</b> listed below

Elevation (feet)	Surf.Area (sq-ft)	Inc.Store (cubic-feet)	Cum.Store (cubic-feet)
94.80	5	0	0
95.00	2,404	241	241
96.00	3,237	2,821	3,061
97.00	4,142	3,690	6,751
98.00	5,142	4,642	11,393
99.00	6,163	5,653	17,045
100.00	7,272	6,718	23,763
101.00	8,445	7,859	31,621
102.00	9,681	9,063	40,684

#	Routing	Invert	Outlet Devices
1	Primary	99.00'	<b>12.0" x 28.0' long Culvert</b> RCP, sq.cut end projecting, Ke= 0.500 Outlet Invert= 98.80' S= 0.0071 ' /' n= 0.013 Cc= 0.900
2	Primary	101.00'	<b>10.0' long x 10.0' breadth Broad-Crested Rectangular Weir</b> Head (feet) 0.20 0.40 0.60 0.80 1.00 1.20 1.40 1.60 Coef. (English) 2.49 2.56 2.70 2.69 2.68 2.69 2.67 2.64
3	Device 1	99.00'	<b>7.0" Vert. Orifice/Grate</b> C= 0.600
4	Device 1	100.50'	<b>4.0' long x 0.5' high Sharp-Crested Rectangular Weir</b> 2 End Contraction(s)

**Primary OutFlow** Max=4.58 cfs @ 12.34 hrs HW=101.02' (Free Discharge)  
 1=Culvert (Barrel Controls 4.51 cfs @ 5.7 fps)  
 3=Orifice/Grate (Passes < 1.69 cfs potential flow)  
 4=Sharp-Crested Rectangular Weir(Passes < 5.37 cfs potential flow)  
 2=Broad-Crested Rectangular Weir(Weir Controls 0.07 cfs @ 0.3 fps)

Stage-Area-Storage for Pond P1: (new Pond)

Elevation (feet)	Surface (sq-ft)	Storage (cubic-feet)	Elevation (feet)	Surface (sq-ft)	Storage (cubic-feet)
92.80	5	0	98.00	5,142	14,595
92.90	500	50	98.10	5,244	15,160
93.00	995	100	98.20	5,346	15,725
93.10	1,060	232	98.30	5,448	16,290
93.20	1,125	364	98.40	5,550	16,855
93.30	1,189	496	98.50	5,653	17,421
93.40	1,254	628	98.60	5,755	17,986
93.50	1,319	760	98.70	5,857	18,551
93.60	1,384	891	98.80	5,959	19,116
93.70	1,449	1,023	98.90	6,061	19,682
93.80	1,513	1,155	99.00	6,163	20,247
93.90	1,578	1,287	99.10	6,274	20,919
94.00	1,643	1,419	99.20	6,385	21,591
94.10	1,719	1,621	99.30	6,496	22,262
94.20	1,795	1,824	99.40	6,607	22,934
94.30	1,871	2,026	99.50	6,718	23,606
94.40	1,947	2,228	99.60	6,828	24,277
94.50	2,024	2,431	99.70	6,939	24,949
94.60	2,100	2,633	99.80	7,050	25,621
94.70	2,176	2,835	99.90	7,161	26,293
94.80	2,252	3,038	100.00	7,272	26,965
94.90	2,328	3,240	100.10	7,389	27,750
95.00	2,404	3,443	100.20	7,507	28,536
95.10	2,487	3,725	100.30	7,624	29,322
95.20	2,571	4,007	100.40	7,741	30,108
95.30	2,654	4,289	100.50	7,859	30,894
95.40	2,737	4,571	100.60	7,976	31,680
95.50	2,821	4,853	100.70	8,093	32,465
95.60	2,904	5,135	100.80	8,210	33,251
95.70	2,987	5,417	100.90	8,328	34,037
95.80	3,070	5,699	101.00	8,445	34,823
95.90	3,154	5,981	101.10	8,569	35,729
96.00	3,237	6,263	101.20	8,692	36,636
96.10	3,327	6,632	101.30	8,816	37,542
96.20	3,418	7,001	101.40	8,939	38,448
96.30	3,508	7,370	101.50	9,063	39,355
96.40	3,599	7,739	101.60	9,187	40,261
96.50	3,690	8,108	101.70	9,310	41,167
96.60	3,780	8,477	101.80	9,434	42,073
96.70	3,871	8,846	101.90	9,557	42,980
96.80	3,961	9,215	102.00	<b>9,681</b>	<b>43,886</b>
96.90	4,051	9,584			
97.00	4,142	9,953			
97.10	4,242	10,417			
97.20	4,342	10,881			
97.30	4,442	11,345			
97.40	4,542	11,809			
97.50	4,642	12,274			
97.60	4,742	12,738			
97.70	4,842	13,202			
97.80	4,942	13,666			
97.90	5,042	14,130			

← 2.50' @ 10'

~ 30' @ 10'

1' ICE

ENCLOSURE

0.335 AC FT

0.335 AC FT

IMPROVED AREA

2.50' AC

10' @ 10'

0.335 AC FT

7.5' REMOVAL

52%

10' @ 10' w/

DITCH

# Lifestyle Fitness Center

Type III 24-hr **Rainfall=2.50"**

Prepared by {enter your company name here}

HydroCAD® 7.00 s/n 000885 © 1986-2003 Applied Microcomputer Systems

5/19/2004

## Pond P1: (new Pond)

[82] Warning: Early inflow requires earlier time span

*STORM  
USING  
CALC.*

Inflow Area = 2.662 ac, Inflow Depth = 1.60"  
 Inflow = 4.86 cfs @ 12.08 hrs, Volume= 0.355 af  
 Outflow = 1.03 cfs @ 12.51 hrs, Volume= 0.347 af, Atten= 79%, Lag= 25.6 min  
 Primary = 1.03 cfs @ 12.51 hrs, Volume= 0.347 af

Routing by Stor-Ind method, Time Span= 5.00-30.00 hrs, dt= 0.02 hrs

Starting Elev= 99.00' Surf.Area= 6,163 sf Storage= 20,247 cf

Peak Elev= 99.94' @ 12.51 hrs Surf.Area= 7,203 sf Storage= 26,549 cf (6,302 cf above start)

Plug-Flow detention time= (not calculated)

Center-of-Mass det. time= (not calculated)

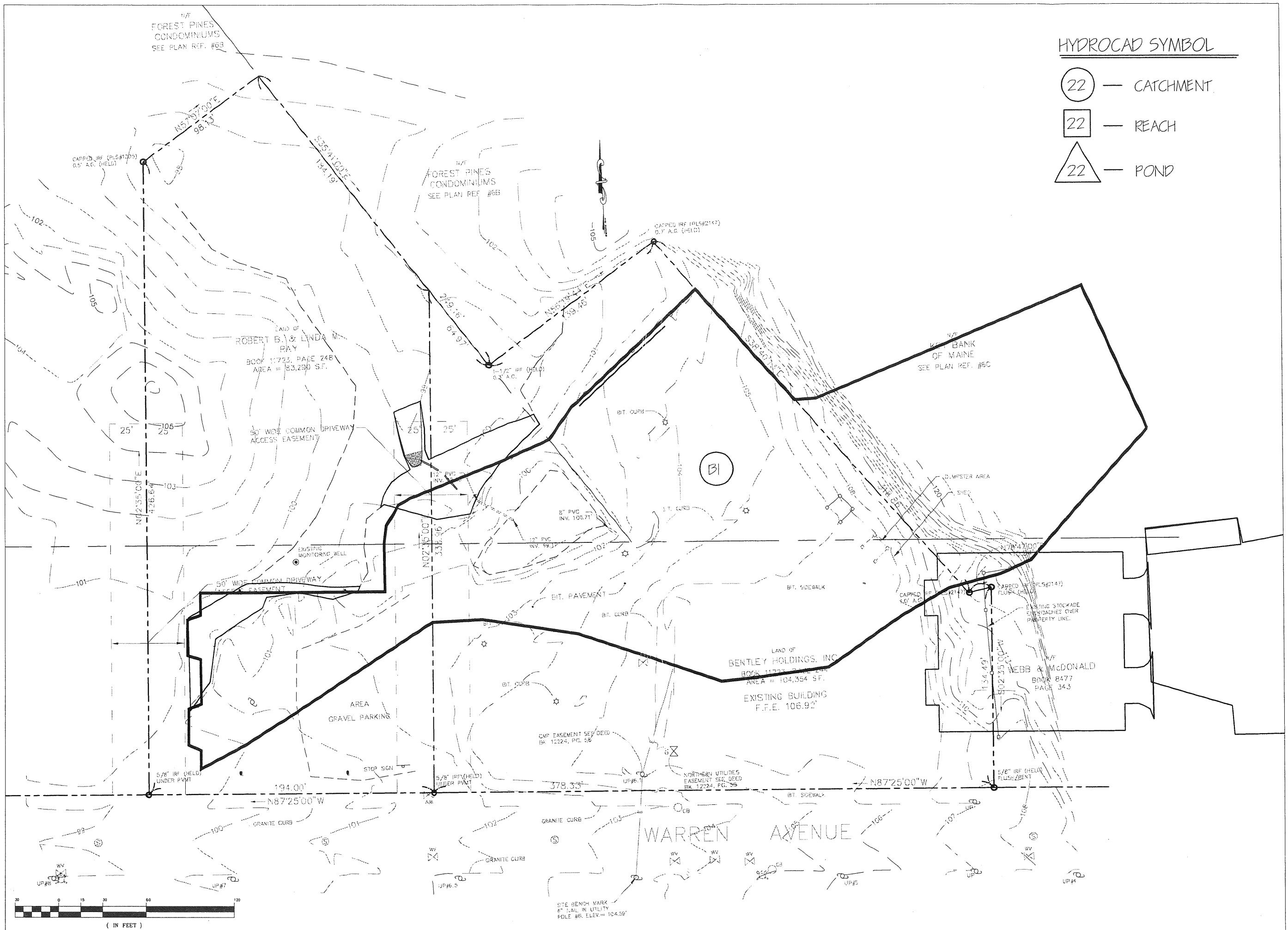
#	Invert	Avail.Storage	Storage Description
1	92.80'	43,886 cf	<b>Custom Stage Data (Prismatic)</b> listed below

Elevation (feet)	Surf.Area (sq-ft)	Inc.Store (cubic-feet)	Cum.Store (cubic-feet)
92.80	5	0	0
93.00	995	100	100
94.00	1,643	1,319	1,419
95.00	2,404	2,024	3,443
96.00	3,237	2,821	6,263
97.00	4,142	3,690	9,953
98.00	5,142	4,642	14,595
99.00	6,163	5,653	20,247
100.00	7,272	6,718	26,965
101.00	8,445	7,859	34,823
102.00	9,681	9,063	43,886

#	Routing	Invert	Outlet Devices
1	Primary	99.00'	<b>12.0" x 28.0' long Culvert</b> RCP, sq.cut end projecting, Ke= 0.500 Outlet Invert= 98.80' S= 0.0071 '/ n= 0.013 Cc= 0.900
2	Primary	101.00'	<b>10.0' long x 10.0' breadth Broad-Crested Rectangular Weir</b> Head (feet) 0.20 0.40 0.60 0.80 1.00 1.20 1.40 1.60 Coef. (English) 2.49 2.56 2.70 2.69 2.68 2.69 2.67 2.64
3	Device 1	99.00'	<b>7.0" Vert. Orifice/Grate</b> C= 0.600
4	Device 1	100.50'	<b>4.0' long x 0.5' high Sharp-Crested Rectangular Weir</b> 2 End Contraction(s)

Primary OutFlow Max=1.03 cfs @ 12.51 hrs HW=99.94' (Free Discharge)

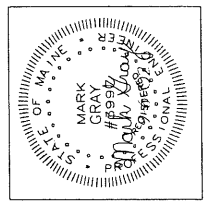
- 1=Culvert (Passes 1.03 cfs of 2.11 cfs potential flow)
- 3=Orifice/Grate (Orifice Controls 1.03 cfs @ 3.9 fps)
- 4=Sharp-Crested Rectangular Weir( Controls 0.00 cfs)
- 2=Broad-Crested Rectangular Weir( Controls 0.00 cfs)



HYDROCAD SYMBOL

- 22 — CATCHMENT
- 22 — REACH
- 22 — POND

NO.	DATE	DESCRIPTION



**JAMM**  
 Civil and Structural Engineering  
 155 Loan Point Lane, Poland Spring, ME 04274  
 207-998-7017 Fax: 207-998-7017

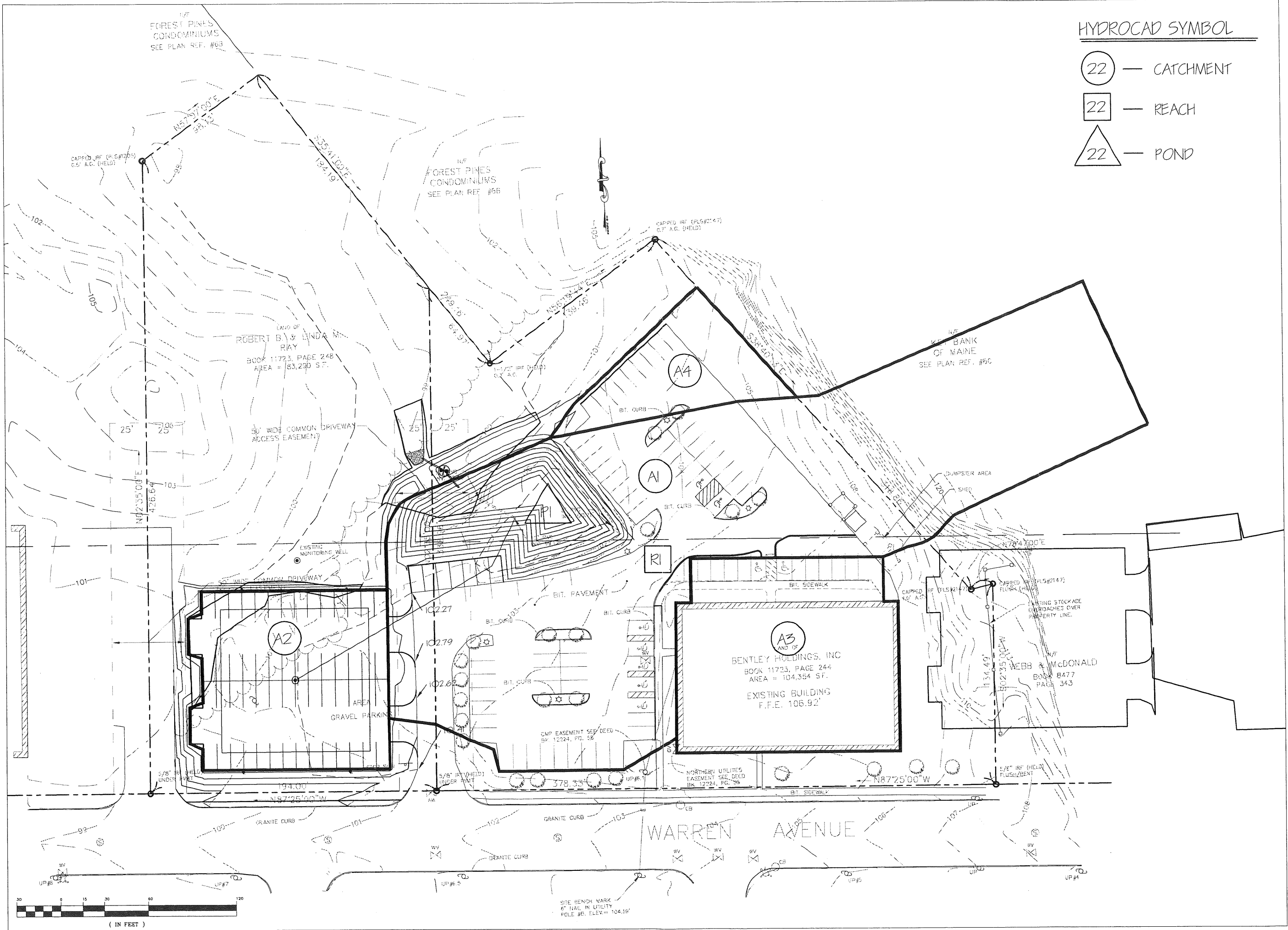
BENTLEY HOLDINGS, INC.  
 LIFESTYLE  
 FITNESS CENTER  
 55 WARREN AVENUE  
 PORTLAND, MAINE

PRE-DEVELOPMENT  
 SITE PLAN

DESIGNED M. GRAY	DATE 4-3-04
DRAWN M. GRAY	SCALE AS SHOWN
CHECKED M. GRAY	JOB. NO. 2004005

SHEET NO.  
**STMI**

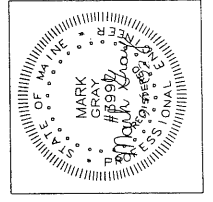
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HYDROCAD SYMBOL

- 22 — CATCHMENT
- 22 — REACH
- 22 — POND

NO.	DATE	DESCRIPTION



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BENTLEY HOLDINGS, INC.  
 LIFESTYLE  
 FITNESS CENTER  
 55 WARREN AVENUE  
 PORTLAND, MAINE

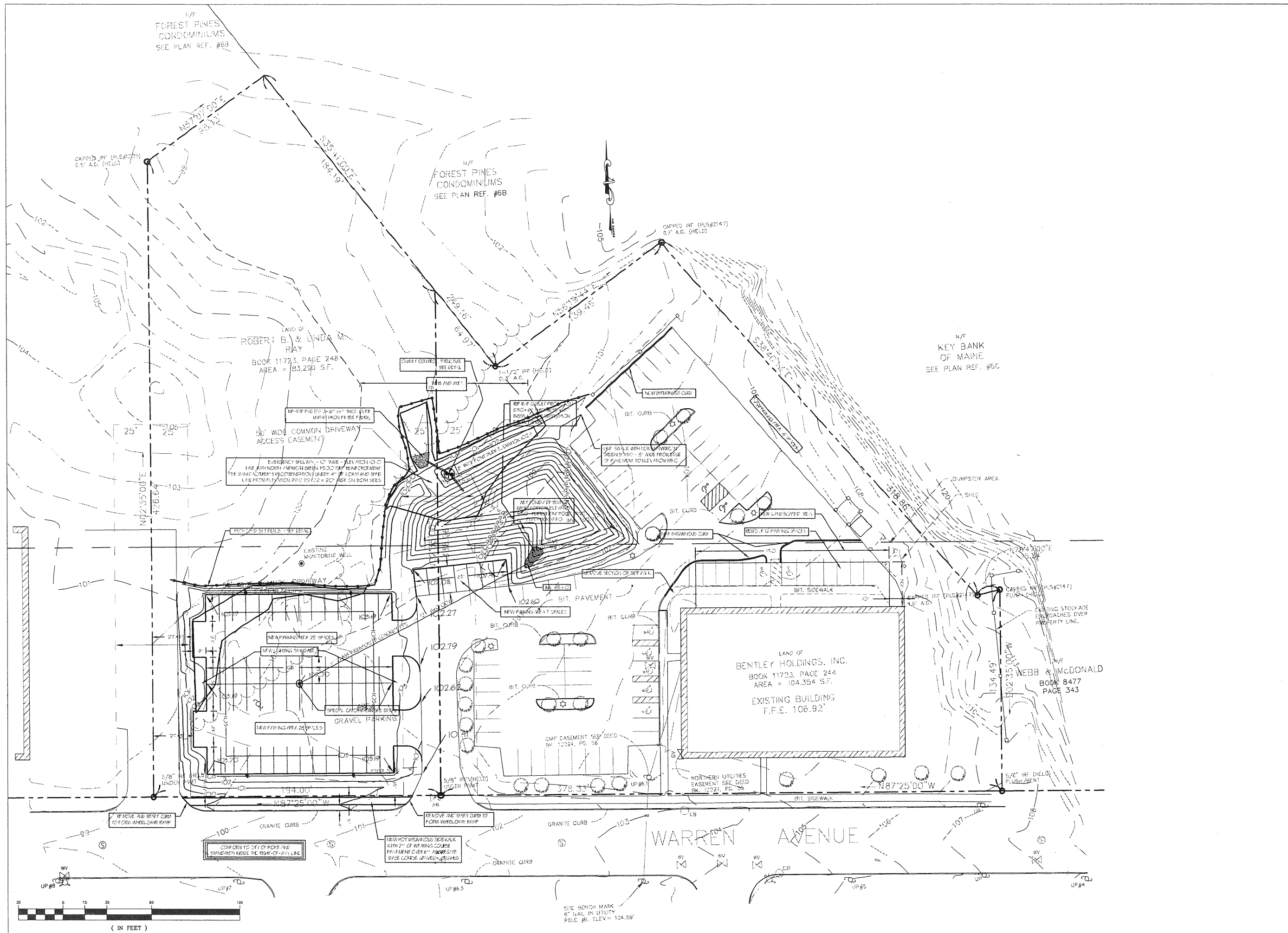
POST DEVELOPMENT  
 SITE PLAN

DESIGNED M. GRAY	DATE 4-3-04
DRAWN M. GRAY	SCALE AS SHOWN
CHECKED M. GRAY	JOB. NO. 2004005

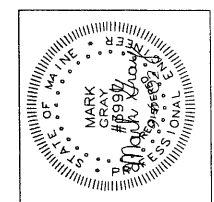
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 207-998-7017 Fax: 207-998-7017

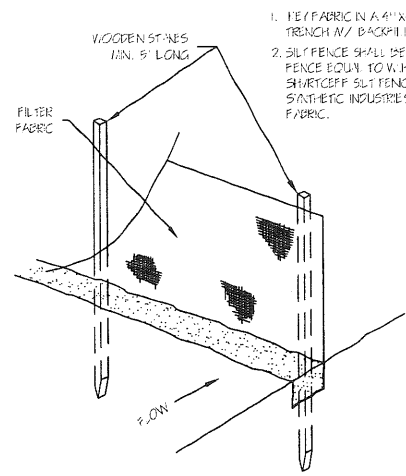
BENTLEY HOLDINGS, INC.  
 LIFESTYLE  
 FITNESS CENTER  
 55 WARREN AVENUE  
 PORTLAND, MAINE

MINOR  
 SITE PLAN

DESIGNED M. GRAY	DATE 4-3-04
DRAWN M. GRAY	SCALE AS SHOWN
CHECKED M. GRAY	JOB. NO. 2004005

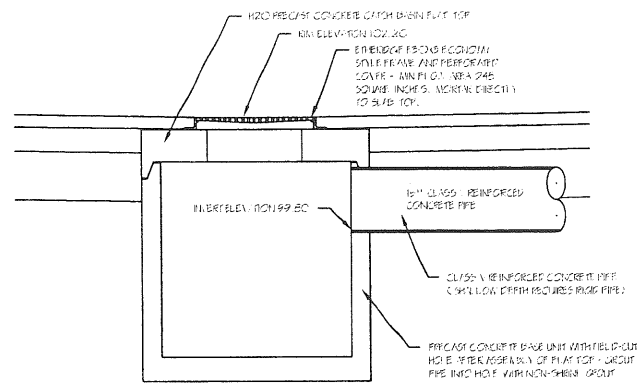
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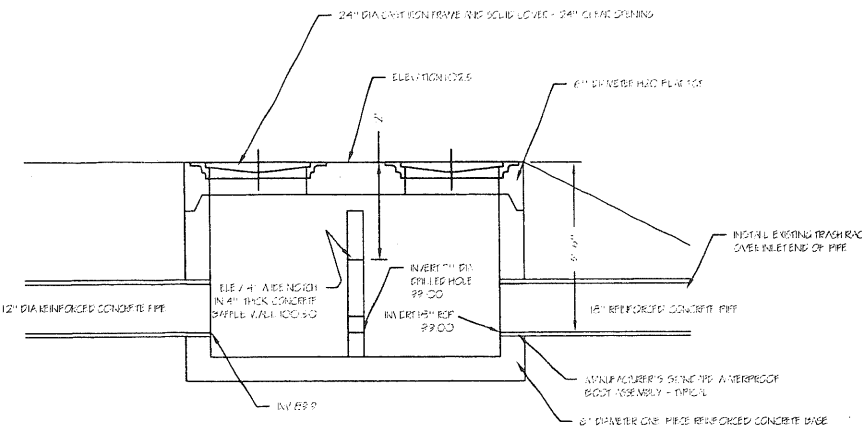
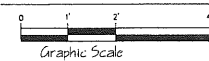


1. FILTER FABRIC IN A 4"X4" TRENCH W/ BACKFILL
2. SILT FENCE SHALL BE A 3' FENCE EQUAL TO V.H. SHORTEST SILT FENCE W/ SYNTHETIC INDUSTRIAL FABRIC.

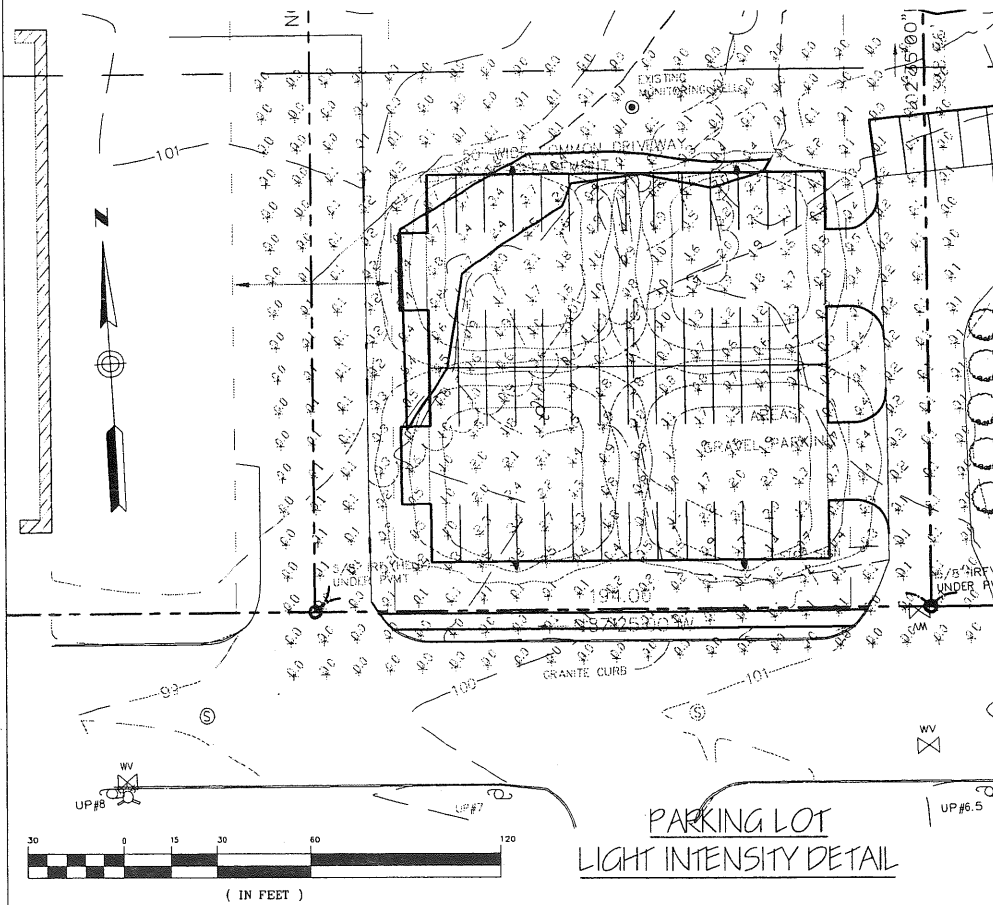
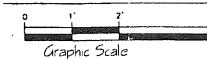
SILT FENCE DETAIL  
NOT TO SCALE



CATCH BASIN DETAIL



OUTLET CONTROL STRUCTURE DETAIL

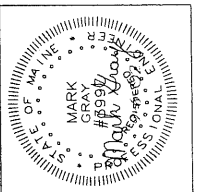


PARKING LOT  
LIGHT INTENSITY DETAIL

EROSION AND SEDIMENTATION CONTROL NOTES

1. CONFORM TO THE MAINE EROSION AND SEDIMENTATION CONTROL HANDBOOK FOR CONSTRUCTION BEST MANAGEMENT PRACTICES, CUMBERLAND COUNTY SOIL AND WATER CONSERVATION DISTRICT, DEPARTMENT OF ENVIRONMENTAL PROTECTION, MARCH 1991.
2. DISTURBED AREAS SHALL REMAIN UNTREATED FOR A MINIMUM PERIOD. STABILIZE AREAS WITHIN 100' OF A STREAM, POND OR WETLAND WITHIN 7 DAYS. STABILIZE ALL OTHER DISTURBED AREAS WITHIN 30 DAYS OF DISTURBANCE. PERMANENTLY REVEGETATE ALL AREAS WITHIN 15 DAYS OF FINAL GRADING.
3. INSTALL ALL SILT FENCE PRIOR TO SOIL DISTURBANCE. INSTALL SILT FENCE DOWN GRADIENT FROM AREAS TO BE DISTURBED. SEE DRAWINGS. INSTALL SILT FENCE ACCORDING TO THE DETAIL ON THE DRAWINGS. INSPECT SILT FENCE ON A WEEKLY BASIS AND AFTER SIGNIFICANT STORM EVENTS. REMOVE SEDIMENT AFTER EVERY SIGNIFICANT STORM EVENT. MAINTAIN SILT FENCE IN PLACE UNTIL UPLAND AREAS TRIBUTARY TO THE SILT FENCE ARE REVEGETATED. RETURN RECOVERED SEDIMENT TO THE SITE. INSTALL SILT FENCE AT WETLAND BOUNDARIES AND AT EDGES OF WETLAND DISTURBANCE.
4. SLOPES SHALL BE FLATTER THAN 1 HORIZONTAL TO 1 VERTICAL.
5. TEMPORARY AND FINAL SEEDING SHALL BOTH BE COMPLETED 45 DAYS PRIOR TO THE FIRST KILLING FROST. TEMPORARY SEEDING SHALL BE PERFORMED ON AREAS NOT YET FINAL GRADED. FINAL SEEDING SHALL BE PERFORMED ON AREAS THAT HAVE BEEN FINAL GRADED. TEMPORARY MULCHING OR DORMANT SEEDING WILL BE NECESSARY FOR AREAS WHICH ARE TOO CLOSE TO THE FIRST KILLING FROST. DELAY FINAL SEEDING UNTIL THE NEXT APPROPRIATE PERIOD.
6. REVEGETATE DISTURBED AREAS AS SOON AS POSSIBLE. REVEGETATE DISTURBED AREAS BY GRADING SUBGRADE TO A SMOOTH CONDITION, SPREAD AND SMOOTH LOAM TO A UNIFORM THICKNESS OF 4". APPLY LIMESTONE AND FERTILIZER TO LOAM (10-20-20) FERTILIZER AND LIMESTONE WITH 50% CALCEM) AT RATE OF 800 POUNDS PER ACRE AND 6000 POUNDS PER ACRE RESPECTIVELY. APPLY SEED (LAWN-40% KENTUCKY BLUEGRASS, 40% CREEPING RED FESCUE, 20% PERENNIAL RYE. REAR AREAS 70% CREEPING RED FESCUE, 30% REDTOP, 40% TALL FESCUE) AT A RATE OF 45 LBS PER ACRE. APPLY HAY MULCH AT THE RATE OF 3000 TO 4000 POUNDS PER ACRE. HYDROSEEDING WITH SIMILAR SPECIFICATIONS MAY BE SUBSTITUTED.
7. REMOVE ALL TEMPORARY EROSION CONTROL MEASURES WHEN SITE IS STABLE, VEGETATION IS MATURE.
8. TEMPORARY SEEDING MIXTURES (PERIODS LESS THAN 12 MONTHS) BY TIME OF YEAR: 05/15 TO 08/15 SUDANGRASS (40 POUNDS PER ACRE) AND OATS 80 POUNDS PER ACRE; 08/15 TO 09/15 ANNUAL RYE GRASS (40 POUNDS PER ACRE) AND PERENNIAL RYE GRASS (40 POUNDS PER ACRE); 09/15 TO 11/31 WINTER RYE (12 LBS PER ACRE) AND ADD MULCH, 04/01 TO 05/15 OATS (80 LBS PER ACRE) AND ANNUAL RYE GRASS (40 LBS PER ACRE).
9. MULCH TYPE AS DETERMINED BY LOCATION AND CIRCUMSTANCE. PROTECTED AREAS: STRAW OR HAY AT 4000 LBS PER ACRE, WINDY AREAS: SHREDDED OR CHOPPED CORN STALKS (8000 TO 12000 LBS PER ACRE), MODERATE TO HIGH WATER VELOCITY AREAS OR SLOPES GREATER THAN 3 ON 1: RITE MESH OR EXCELICOR MAT. NOTE: HYDRO-APPLICATION OF ASPHALT, WOOD OR PAPER MAY BE SUBSTITUTED FOR MULCH IN NON-CRITICAL AREAS WITH NO CONCENTRATED FLOW AND LESS THAN 8% SLOPE. APPLY AT 2000 POUNDS PER ACRE.
10. ANCHOR MULCH AS FOLLOWS: PEG AND TWINE (15Y PER BLOCK), MULCH AND NETTING (AS RECOMMENDED BY THE MANUFACTURER), LIQUID TACK (AS RECOMMENDED BY MANUFACTURERS), WETTING OF HAY AND STRAW MAY BE ACCEPTABLE FOR SOME AREAS AND SOME ROAD DITCHES.
11. WINTER CONSTRUCTION RULES (11/01 TO 4/15): LEAVE NO MORE THAN 1 ACRE OF SITE UNSTABILIZED AT ANY GIVEN TIME WITHOUT STABILIZATION MEANING ANCHORED MULCH (WITH OR WITHOUT SEEDING - NO LOAM) BETWEEN 10/15 AND 4/15. LOAM AND SEED NOT REQUIRED IF ONLY TEMPORARY STABILIZATION. COMPLETE PERMANENT STABILIZATION OUTSIDE WINTER PERIOD. DORMANT SEEDING ON PREVIOUSLY PREPARED LOAM SURFACES MAY BE UNDERTAKEN DURING WINTER PERIOD AS SEED RATES 3 TIMES SPECIFIED. APPLY AND ANCHOR MULCH. EARTHWORK DURING WINTER PERIOD SHALL BE UNDERTAKEN ON A CONTINUOUS BASIS TO PREVENT FREEZING OF SOILS TO BE FURTHER WORKED PRIOR TO TEMPORARY STABILIZATION. STABILIZE WORK AREAS COMPLETED ON A DAILY BASIS DURING WINTER PERIOD. WINTER PERIOD MULCH OPTIONS INCLUDE PEG AND TWINE, MULCH NETTING, ASPHALT EMULSION, CHEMICAL TACK OR WOOD CELLULOSE FIBER. ANCHOR MULCH IN DRAINAGEWAYS WITH SLOPES GREATER THAN 3% SLOPES EXPOSED TO DIRECT WINDS, AND OTHER SLOPES GREATER THAN 8% SLOPE.

NO.	DATE	DESCRIPTION
1		



**JAMM**  
Civil and Structural Engineering  
155 Loom Point Lane, Poland Spring, ME 04274  
207-998-7017 Fax: 207-998-7017

BENTLY HOLDINGS, INC.  
LIFESTYLE  
FITNESS CENTER  
55 WARREN AVENUE  
PORTLAND, MAINE

DETAIL  
SHEET

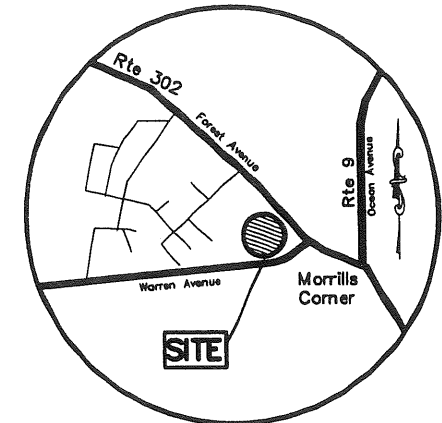
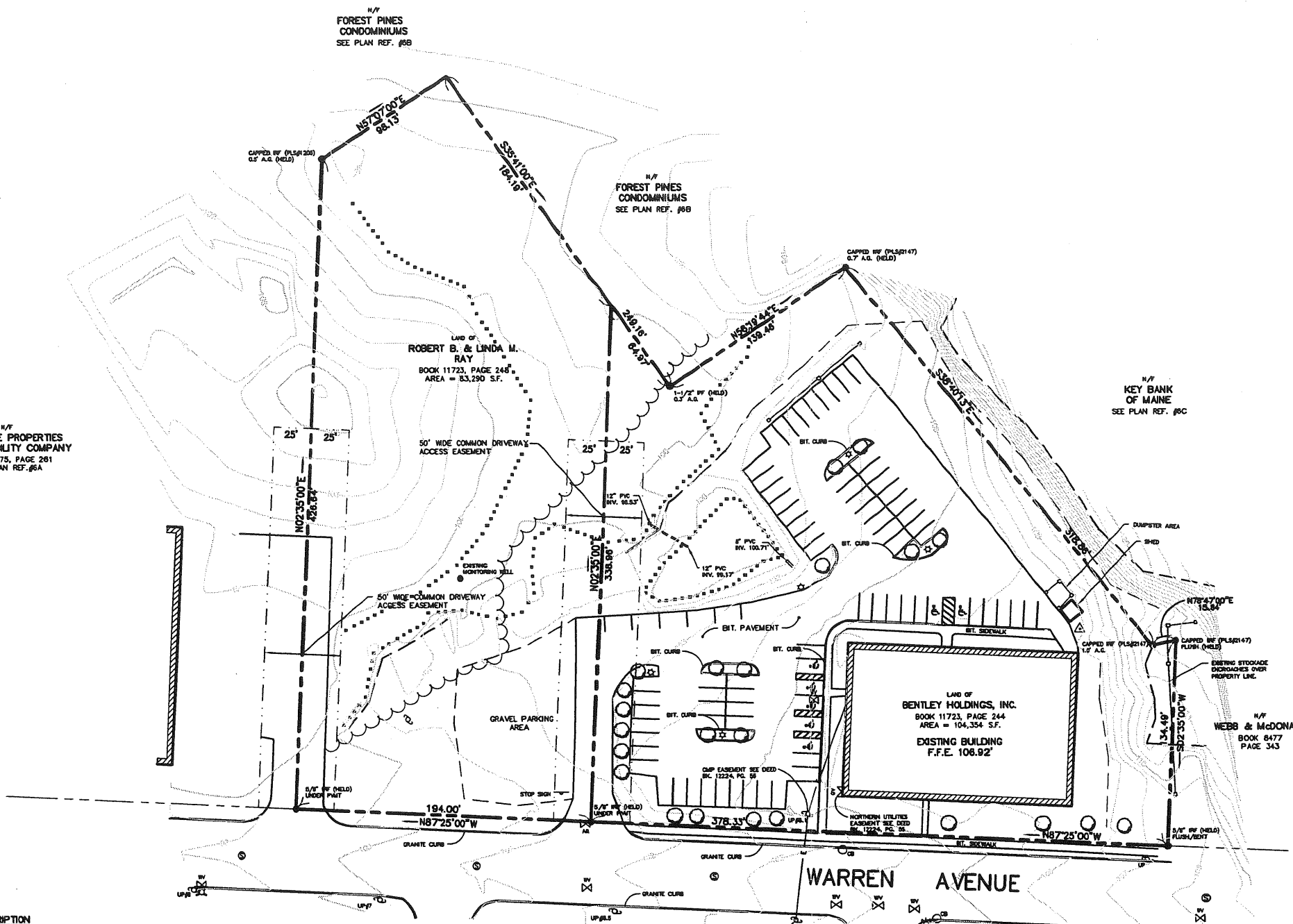
DESIGNED M. GRAY	DATE 4-3-04
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N/T  
NEW MAINE PROPERTIES  
LIMITED LIABILITY COMPANY  
BOOK 1175, PAGE 281  
SEE PLAN REF. #6A

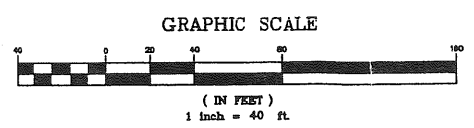


**LOCATION MAP**  
N.T.S.

**NOTES:**

- SUBJECT PARCEL:  
BENTLEY HOLDINGS INC. (LOTS 11 & 6)  
P. O. BOX 679  
PORTLAND, MAINE 04104  
ROBERT B. & LINDA M. RAY (LOT 14)  
RR#1 BOX 995  
MANCHESTER, N.H. 04351
- TAX MAP REFERENCE:  
CITY OF PORTLAND TAX MAP 282, BLOCK D, LOTS 11, 6, & 14.
- DEED REFERENCES:  
(LOT 11) BOOK 11723, PAGE 244  
(LOT 6) BOOK 11723, PAGE 244  
(LOT 14) BOOK 11723, PAGE 248
- PROJECT BENCH MARK:  
6" NAIL IN UP#8 1.0' ABOVE GROUND ON SOUTHERLY  
SIDE OF WARREN AVENUE. ELEV. = 104.59' CITY DATUM
- BASIS OF BEARING:  
BEARINGS DEPICTED HEREON ARE BASED ON THE NORTHERLY  
SIDELINE OF WARREN AVENUE AS SHOWN ON PLAN REFERENCE  
#6A. SAID BEARING BEING N 87° 25' W MAGNETIC NORTH  
MAGNETIC 1984.
- PLAN REFERENCES:  
A. PLAN TITLED "RECORDING PLAT OF SOUTHWORTH SUBDIVISION"  
DATED DECEMBER 24, 1985 BY SEBAGO TECHNICS, INC. AND  
RECORDED IN THE CUMBERLAND COUNTY REGISTRY OF DEEDS  
PLAN BOOK 157, PAGE 28.  
B. PLAN TITLED "FOREST PINES FINAL SUBDIVISION & CONDOMINIUM  
PLAN" DATED MAY 28, 1981 BY LAND USE CONSULTANTS AND  
RECORDED IN THE CUMBERLAND COUNTY REGISTRY OF DEEDS  
IN U.O. FILE #84.  
C. PLAN TITLED "RECORDING PLAT (STANDARD BOUNDARY) OF  
FOREST AVENUE APARTMENTS" FOR CMRS IV DATED APRIL 22,  
1994 BY SEBAGO TECHNICS, INC.  
D. PLAN TITLED "MARKETING PLAN OF SOUTHWORTH & PIERCE LOT"  
FOR KEY BANK OF MAINE DATED MAY 3, 1994 BY SEBAGO TECHNICS,  
INC.  
E. STANDARD BOUNDARY SURVEY BODY EXCLUSIVE FITNESS CENTER  
WARREN AVENUE PORTLAND, MAINE FOR BENTLEY HOLDINGS INC.  
DATED SEPT. 1994 BY BH2M, INC.

SYMBOL	DESCRIPTION
○ w/ w	IRON ROD/IRON PIPE FOUND
● w/ c	5/8" IRON ROD W/ CAP TO BE SET
⊕	UTILITY POLE
⊗	SANITARY SEWER MANHOLE
⊕	WATER VALVE
⊕	HYDRANT
○	CATCH BASIN
.....	EDGE WETLANDS
*	LIGHT POST
---	EDGE PAVEMENT
---	PROPERTY LINE
---	EASEMENT LINE
A.G.	ABOVE GROUND
N/T	NOW OR FORMERLY
—○—	STOCKADE FENCE
---	EXISTING CONTOUR
~~~~~	TREELINE



I CERTIFY THAT THIS SURVEY CONFORMS  
TO THE MAINE BOARD OF LICENSURE  
FOR PROFESSIONAL LAND SURVEYORS  
TECHNICAL STANDARDS OF PRACTICE  
FOR A STANDARD BOUNDARY SURVEY,  
WITH THE FOLLOWING EXCEPTIONS:

- NO SURVEYORS REPORT
- NO DEED DESCRIPTION
- PINS NOT SET AT ALL CORNERS.

NO.	DATE	REVISION DESCRIPTION

FOR  
Mark Gray  
JANM  
RR 2 Box 4544  
Oxford, Maine 04270

**BH2M**  
Berry \* Huff \* McDonald \* Milligan Inc.  
ENGINEERS \* SURVEYORS \* PLANNERS  
28 State Street, Gorham, Maine 04038 (201) 839-2771

STANDARD BOUNDARY  
SURVEY & EXISTING  
CONDITIONS PLAN  
LAND OF  
BENTLEY HOLDINGS INC.  
PORTLAND, MAINE 04104

DESIGNED  
R. LIBBY, JR.  
DATE  
MARCH 2004  
DRAWN  
R. LIBBY, JR.  
SCALE  
1" = 40'  
CHECKED  
W. FELKEY  
JOB NO.  
04030

SHEET  
**1**

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ROBERT B. & LINDA M. RAY  
 BOOK 11723, PAGE 248  
 AREA = 83,290 S.F.

50' WIDE COMMON DRIVEWAY  
 ACCESS EASEMENT

KEY  
 OF A  
 SEE PLAN

NO.	DATE	REVISIONS DESCRIPTION

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 Civil and Structural Engineering  
 185 Loon Point Lane, Poland Springs, ME 04274  
 207-998-7017 Fax: 207-998-7017

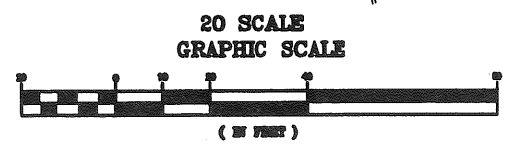
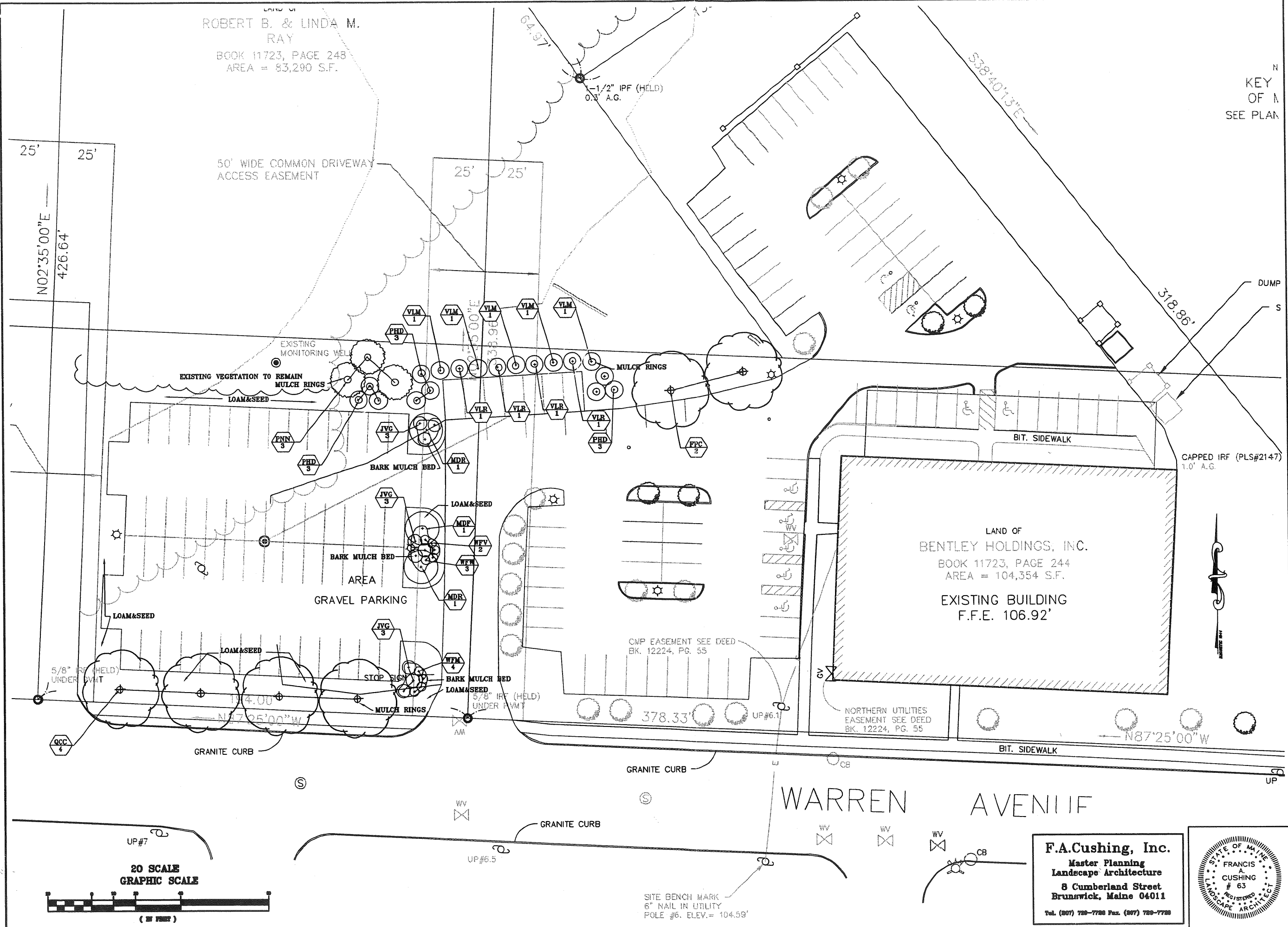
BENTLY HOLDINGS, INC.  
 BODY EXCLUSIVE  
 FITNESS CENTER  
 WARREN AVENUE  
 PORTLAND, MAINE

LANDSCAPE  
 PLAN

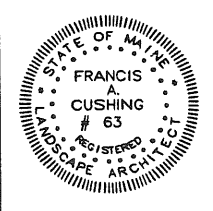
DESIGNED	DATE
JF	5-12-04
DRAWN	SCALE
JF	AS SHOWN
CHECKED	JOB. NO.
FC	2004005

SHEET NO.  
 11

APPROVED ON BEHALF OF THE  
 OFFICE OF THE CLERK OF THE  
 JUDICIAL DEPARTMENT



**F.A.Cushing, Inc.**  
 Master Planning  
 Landscape Architecture  
 8 Cumberland Street  
 Brunswick, Maine 04011  
 Tel. (207) 726-7788 Fax. (207) 726-7788



SITE BENCH MARK  
 6" NAIL IN UTILITY  
 POLE #6. ELEV. = 104.59'

## PLANTING NOTICES

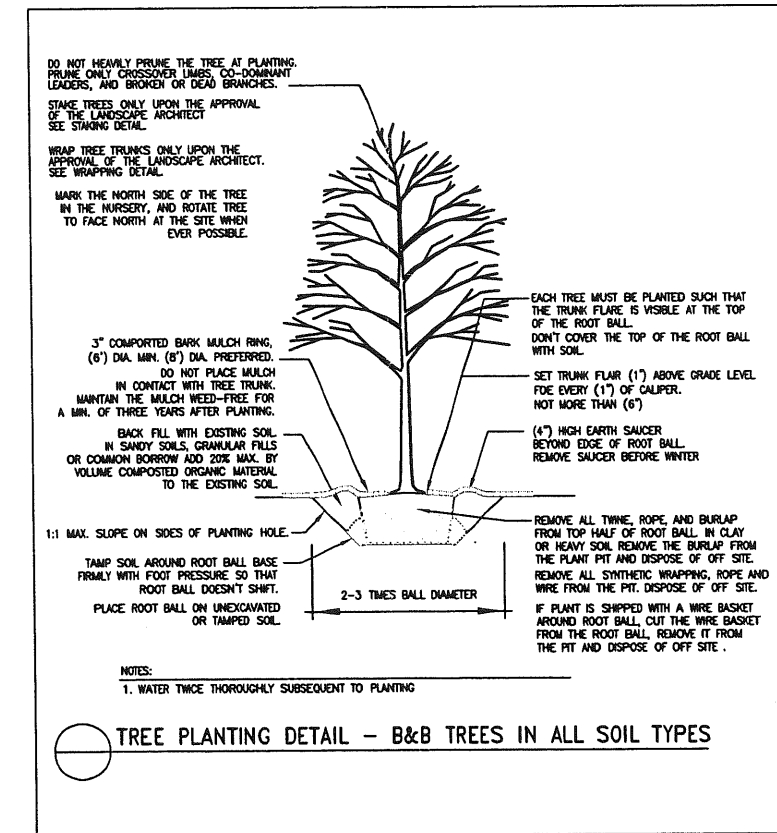
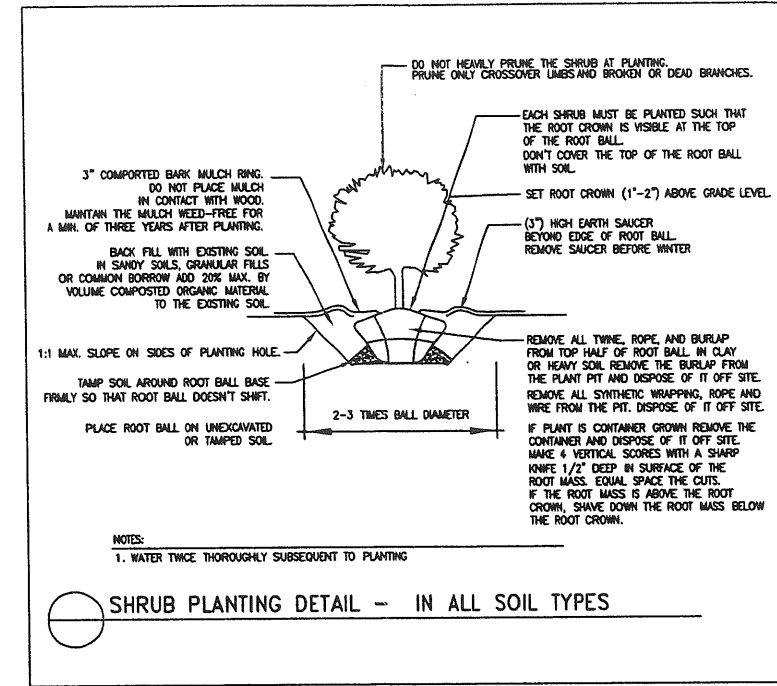
Date: April 15, 2004

Client Name: Body Exclusive Fitness Center  
 Address: Warren Ave. Portland, Maine  
 Description:

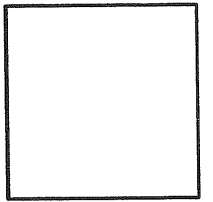
### PLANT SCHEDULE

ID NO.	BOTANICAL NAME	COMMON NAME	QTY.	SIZE
<b>Trees:</b>				
PPC	<i>Fraxinus pennsylvanica</i> 'Cimmaron'	Cimmaron Ash	2	2.5"
MDF	<i>Malus 'Praire Fire'</i>	Red Crabapple	1	1-3/4"
MDR	<i>Malus 'Robinson'</i>	Pink Crabapple	2	1-1/2"
PNN	<i>Pinus nigra</i>	Austrian Pine	3	6/7'
QCC	<i>Quercus coccinea</i>	Scarlet Oak	4	2.5"
<b>Shrubs:</b>				
JVG	<i>Juniperus virginiana</i> 'Grey Owl'	Grey Owl Juniper	9	#5
PHD	<i>Physocarpus opulifolius</i> 'Diablo'	Purple Ninebark	9	3/4'
VLA	<i>Viburnum lentana</i> 'Mohican'	Mohican Viburnum	5	4-5'
VLR	<i>Viburnum x rufidiphyllodes</i> 'Allegheny'	Allegheny Viburnum	4	3gal
WFM	<i>Weigela florida</i> 'Minuet'	Minuet Compact Weigela	4	#2
WFF	<i>Weigela florida</i> 'Variegata Nana'	Dwarf Variegated Weigela	2	#2
WFW	<i>Weigela florida</i> 'Wine and Roses'	Wine & Roses Weigela	3	#2

- Composted bark mulch shall be spread on all shrub beds and tree pits 3" deep but not touching the trunk.
- Plant material shall conform in all ways to the minimum standards set forth in The American Standards for Nursery Stock, published by the American Association of Nurserymen, 230 Southern Building, Washington, D.C. The following sections shall apply: Section 1, Section 2, Section 3, Section 5, and Section 11.
- No fertilizer shall be applied to new plantings. Only Super-Phosphate may be used to promote rooting. See the maintenance plan for subsequent fertilizing requirements.
- Any substitute for plant material species or size must be consulted with and approved by the Landscape Architect. The plant schedule shall have precedence over any conflicts with plant quantities on the plan. Notify the Landscape Architect of any conflict.
- All grading and construction must be complete before planting can be installed.
- All areas disturbed by construction and those areas indicated as lawn shall be loam spread to a depth of 4" and shall be seeded.
- Seeding shall be performed in accordance with M.D.C.T. specifications section 618.09 method one or method two. Lime: 3 tons/acre. Fertilizer: 10-10-10-, 14 lbs./1,000 sq. ft. Seeding shall be performed April 15<sup>th</sup>-June 15<sup>th</sup> or August 15<sup>th</sup>-October 1<sup>st</sup>.
- Seed Mix One** shall be: Allen, Sterling & Lathrop 'Tuffturf', 70% Diamond Tall Fescue, 20% Pleasure Olu Perennial Ryegrass, 10% Baron Kentucky Bluegrass. Seeding rate shall be 7-lbs./1,000 sq. ft. **Seed Mix Two** shall be: Wildflower Meadow: (SEED) *Festuca ovina* Sheep Fescue; sow at a rate of 12 oz. per 1,000 sqft. *Trifolium repens* White Clover; sow at a rate of 1/2 oz. per 1,000 sqft. (FLOWERS) *Achillea millefolium* Yarrow, *Aquilegia canadensis* Columbine, *Asclepias tuberosa* Butterfly Milkweed, *Aster novae-angliae* New-England Aster *Baptisia australis* Wild Indigo, *Boltonia asteroides* False Aster, *Chrysanthemum leucanthemum* Oxeye Daisy, *Digitalis purpurea* Foxglove, *Echinacea purpurea* Purple Coneflower, *Lupinus perennis* Lupine, *Monarda fistulosa* Bergamot, *Papaver orientale* Oriental Poppy, *Rudbeckia hirta* Black-Eyed Susan, *Salvia officinalis* Sage; sow at a rate of 1/3 oz. each per 1,000 sqft. or 4 oz. per 1,000 sqft. in combination
- All areas to be seeded shall be mulched. Mulch shall be long fiber hay or straw and spread at a rate of two ton/acre.
- The Landscape Architect shall approve plant spacing prior to planting.
- Installation of plant material and lawns shall be in accordance with part 1, 2, 3 and 4 of the Maine Nurserymen's Association Landscape Contract Specifications, Dec. 1989. Evergreen trees 8' and taller must be staked.



NO.	DATE	REVISIONS DESCRIPTION



**JAMM**  
 Civil and Structural Engineering  
 155 Loan Point Lane, Poland Spring, ME 04274  
 207-898-7017 Fax: 207-898-7017

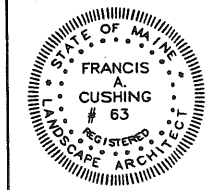
BENTLY HOLDINGS, INC.  
 BODY EXCLUSIVE  
 FITNESS CENTER  
 WARREN AVENUE  
 PORTLAND, MAINE

LANDSCAPE  
 PLAN

DESIGNED JF	DATE 5-12-04
DRAWN JF	SCALE AS SHOWN
CHECKED FC	JOB. NO. 2004005

SHEET NO.  
 L2

**F.A.Cushing, Inc.**  
 Master Planning  
 Landscape Architecture  
 8 Cumberland Street  
 Brunswick, Maine 04011  
 Tel. (207) 728-7728 Fax. (207) 728-7728



APPROVED ON BEHALF OF THE BOARD OF THE REGISTERED PROFESSION OF LANDSCAPE ARCHITECTS OF THE STATE OF MAINE

# JAMM

Civil & Structural Engineering

Mark Gray, P.E.

May 18, 2004

Kandice Talbot  
City of Portland  
389 Congress Street  
Portland, ME 04101

Subject: **Building and Parking Expansion  
Lifestyle Fitness Center  
55 Warren Avenue, Portland, Maine**

Dear Ms. Talbot:

The Lifestyle Fitness Center at 55 Warren Avenue, is proposing to construct a 30' by 130' expansion to the rear of their existing one story building, to provide for more room for exercise machines, expanded locker rooms, an expanded nursery area and a small area for office space. Also proposed are more parking spaces on the adjacent lot, also owned by the applicant.

The existing detention basin on site is proposed to be reshaped, enlarged and deepened to act as a wet pond to provide treatment for stormwater.

Existing utilities will be extended from within the building. No further connections to public utilities are thought necessary at this time.

Solid waste disposal will be accomplished with the same services now employed.

Once permits are secured, construction of the facility should proceed immediately and take 45 to 60 days, during the summer months.

No stormwater permit is required; a tier 1, NRPA permit is required, Jones Associates has the permitting process underway.

The attached exhibits include a traffic letter-report, wetlands related letter, landscaping plan, survey plan, stormwater calculations, parking lot illumination detail and site details and site plan.

Sincerely,  
JAMM Civil & Structural Engineering



Mark Gray, P.E.

cc. File

C:\11mark\2004\Projects\2004005\Minor Site Plan Cover Letter 5-18-04.doc



# City of Portland Site Plan Application

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.

Address of Proposed Development: <b>55 WARREN AVENUE</b>		Zone: <b>B4 (RS &amp; R3)</b>
Total Square Footage of Proposed Structure: <b>3,950 SF BLDG. ADDITION</b>		Square Footage of Lot: <b>83,290 (014001)</b> <b>104,354 (006001)</b>
Tax Assessor's Chart, Block & Lot:  Chart# <b>292</b> Block# <b>D</b> Lot# <b>006001</b> <b>292</b> <b>D</b> <b>014001</b>	Property owner's mailing address: <b>BENTLEY HOLDINGS INC P.O. Box 679 PORTLAND 04104</b> <b>RAY, ROBERT &amp; LINDA RR#1 Box 795 MANCHESTER, ME 04351</b>	Telephone #: <b>207-786-4790</b>
Consultant/Agent, mailing address, phone # & contact person: <b>JAMM Civil &amp; Structural Eng.</b> <b>P.O. Box 98</b> <b>Poland, ME 04274</b> <b>207 998 7017 jamm@pivot.net</b> <b>Mark Gray, P.E.</b>	Applicant's name, mailing address, telephone #/Fax#/Pager#: <b>ROBERT RAY</b> <b>30 Cuba Road</b> <b>Manchester ME 04351</b> <b>207-786-4790</b> <b>-207-732-8761 FAX</b>	Project name: <b>BUILDING EXPANSION</b> <b>LIFESTYLE</b> <b>FITNESS CENTER</b>
<p><b>Proposed Development (check all that apply)</b></p> <p><input type="checkbox"/> New Building <input checked="" type="checkbox"/> Building Addition <input type="checkbox"/> Change of Use <input type="checkbox"/> Residential <input type="checkbox"/> Office <input type="checkbox"/> Retail <input type="checkbox"/> Manufacturing</p> <p><input type="checkbox"/> Warehouse/Distribution <input checked="" type="checkbox"/> Parking lot</p> <p><input type="checkbox"/> Subdivision (\$500.00) + amount of lots _____ (\$25.00 per lot) \$ _____</p> <p><input type="checkbox"/> Site Location of Development (\$3,000.00) (except for residential projects which shall be \$200.00 per lot _____)</p> <p><input type="checkbox"/> Traffic Movement (\$1,000.00) <input type="checkbox"/> Stormwater Quality (\$250.00)</p> <p><input type="checkbox"/> Section 14-403 Review (\$400.00 + \$25.00 per lot)</p> <p><input type="checkbox"/> Other _____</p> <p><b>Major Development (more than 10,000 sq. ft.)</b></p> <p><input type="checkbox"/> Under 50,000 sq. ft. (\$500.00)</p> <p><input type="checkbox"/> 50,000 - 100,000 sq. ft. (\$1,000.00)</p> <p><input type="checkbox"/> Parking Lots over 100 spaces (\$1,000.00)</p> <p><input type="checkbox"/> 100,000 - 200,000 sq. ft. (\$2,000.00)</p> <p><input type="checkbox"/> 200,000 - 300,000 sq. ft. (\$3,000.00)</p> <p><input type="checkbox"/> Over 300,000 sq. ft. (\$5,000.00)</p> <p><input type="checkbox"/> After-the-fact Review (\$1,000.00 + applicable application fee)</p> <p><b>Minor Site Plan Review</b></p> <p><input checked="" type="checkbox"/> Less than 10,000 sq. ft. (\$400.00)</p> <p><input type="checkbox"/> After-the-fact Review (\$1,000.00 + applicable application fee)</p> <p><b>Plan Amendments</b></p> <p><input type="checkbox"/> Planning Staff Review (\$250.00)</p> <p><input type="checkbox"/> Planning Board Review (\$500.00)</p>		
- Please see next page -		

Who billing will be sent to: (Company, Contact Person, Address, Phone #)

Robert Ray, Bentley Holdings Inc., P.O. Box 679 PORTLAND, ME 04104  
207-786-4790

Submittals shall include (9) separate folded packets of the following:

- a. copy of application
- b. cover letter stating the nature of the project
- c. site plan containing the information found in the attached sample plans check list

Amendment to Plans: Amendment applications should include 6 separate packets of the above (a, b, & c)

**ALL PLANS MUST BE FOLDED NEATLY AND IN PACKET FORM**

Section 14-522 of the Zoning Ordinance outlines the process; copies are available at the counter at .50 per page (8.5 x11) you may also visit the web site: [ci.portland.me.us](http://ci.portland.me.us) chapter 14

*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 Official'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.*

Signature of applicant:

*Robert Ray*

Date:

*5/18/04*

This application is for site review ONLY, a building permit application and associated fees will be required prior to construction.

## Development in Portland

The City of Portland has instituted the following fees to recover the costs of reviewing development proposals under the Site Plan and Subdivision ordinances: application fee; engineering fee; and inspection fee. Performance and defect guarantees are also required by ordinance to cover all site work proposed.

The **Application Fee** covers general planning and administrative processing costs, and is paid at the time of application.

The Planning Division is required to send notices to neighbors upon receipt of an application and prior to public meetings. The applicant will be billed for mailing and advertisement costs. Applicants for development will be charged an **Engineering Review Fee**. This fee is charged by the Planning Division for review of on-site improvements of a civil engineering nature, such as storm water management as well as the engineering analysis of related improvements within the public right-of-way, such as public streets and utility connections, as assessed by the Department of Public Works. The Engineering Review fee must be paid before a building permit can be issued. Monthly invoices are sent out by the Planning Division on a monthly basis to cover engineering costs.

A **Performance Guarantee** will be required following approval of development plans. This guarantee covers all required improvements within the public right-of-way, plus certain site improvements such as landscaping, paving, and drainage improvements. The Planning Division will provide a cost estimate form for figuring the amount of the performance guarantee, as well as sample form letters to be filled out by a financial institution.

An **Inspection Fee** must also be submitted to cover inspections to ensure that sites are developed in accordance with the approved plan. The inspection fee is 2.0% of the performance guarantee amount, or as assessed by the planning or public works engineer. The minimum inspection fee is \$300 for development, unless no site improvements are proposed. Public Works inspects work within the City right-of-way and Planning inspects work within the site including pipe-laying and connections. (The contractor must work with inspectors to coordinate timely inspections, and should provide adequate notice before inspections, especially in the case of final inspection.)

Upon completion of a development project, the performance guarantee is released, and a **Defect Guarantee** in the amount of 10% of the performance guarantee must be provided. The Defect Guarantee will be released after a year.

Other reimbursements to the City include actual or apportioned costs for advertising and mailed notices. All fees shall be paid prior to the issuance of any building permit.

For more information on the fees or review process, please call the Planning Division at 874-8719 or 874-8721.



# REVIEW

# CITY OF PORTLAND, MAINE

## PLANNING BOARD

Jadine R. O'Brien, Chair  
Kenneth M. Cole III, Vice Chair  
Joseph R. DeCoursey  
Irving Fisher  
Cyrus Hagge  
John H. Carroll  
Donna Williams

November 29, 1994

Robert and Linda Ray  
Bentley Holdings, Inc.  
RR1, Box 995  
Pond Road  
Manchester, ME 04351

RE: Body Exclusive Fitness Center; 37-63 Warren Avenue

Dear Mr. and Mrs. Ray:

On November 22, 1994, the Portland Planning Board voted 5-0 (Cole and DeCoursey absent) to approve the site plan for the Body Exclusive Fitness Center subject to conditions of approval. The Planning Board's approval is based on the information and plans (dated 11/7/94) submitted by Bentley Holdings, Inc. for the Body Exclusive Fitness Center, which is proposed with a total floor area of 15,000 square feet, and the findings related to site plan review standards as contained in the Planning Board Report #55-94, which is attached. The Board found that the site plan is in conformance with the Site Plan Ordinance of the Land Use Code with the following conditions of approval:

1. The applicant shall design a detailed striping plan for Warren Avenue, from the new Bishop Street connector to Forest Avenue, to include a center left-turning lane. The plan shall be reviewed and approved by the City Principal Traffic Engineer.
2. The applicant shall install the proposed design with thermoplastic markings following the City's anticipated paving project in 1995. Estimated length of project is 1,000 linear feet. The applicant may coordinate thermoplastic contract work with the City's Traffic Division.
3. Hold two on-site meetings with the City Arborist:
  - a) First, conduct a preconstruction meeting with the contractor, prior to site clearing, to inspect and review tree protection methods; and
  - b) Second, conduct an on-site visit with the City Arborist and the Landscape Architect after construction to appropriately locate the proposed plant material in the field to supplement existing vegetative buffers, and where required, the City Arborist may require the applicant to add as many as an additional eleven white pines along the northeast boundary, next to the Crotched Mountain property, as many as an additional 13 red pines along the northwest boundary abutting the condominium project, and no more than an additional dozen evergreens along the southerly edge of the detention basin as the Arborist deems necessary for screening and buffering.

4. The applicant shall comply with the comments set forth in Owens McCullough's memorandum dated 11/19/94 including a full review and approval of an alternate barrier, more permanent in nature and one requiring less maintenance.
5. The applicant shall agree that at the close of business each evening, no later than 10:00 p.m., the site lights (not the building lights) will be turned off.
6. A new letter of financial capability must be submitted for review and approval by the Corporation Counsel; and
7. Should there be an expansion of this particular application, it shall be returned to the Planning Board for the Board's review (amendment [4-1 Hagge]).

Please note the following provisions and requirements for all site plan approvals:

1. A performance guarantee covering the site improvements as well as an inspection fee payment of 1.7% of the guarantee amount and 7 final sets of plans must be submitted to and approved by the Planning Division and Public Works prior to the release of the building permit. If you need to make any modifications to the approved site plan, you must submit a revised site plan for staff review and approval.
2. The site plan approval will be deemed to have expired unless work in the development has commenced within one (1) year of the approval or within a time period agreed upon in writing by the City and the applicant. Requests to extend approvals must be received before the expiration date.

If there are any questions, please contact the Planning Staff.

Sincerely,



Jadine Raynes O'Brien, Chair  
Portland Planning Board

cc: Joseph E. Gray, Jr., Director of Planning and Urban Development  
Alexander Jaegerman, Chief Planner  
Barbara Barhydt, Acting Senior Planner  
P. Samuel Hoffses, Chief of Building Inspections  
William Giroux, Zoning Administrator  
George Flaherty, Director of Environmental/Intergovernmental Services  
Kathi Staples, Project Engineer, Parks and Public Works  
Owens McCullough, P.E., Acting Development Review Coordinator  
William Bray, Deputy Director of Public Works  
Jeff Tarling, City Arborist  
Paul Niehoff, Materials Engineer  
Natalie Burns, Associate Corporation Counsel  
Lt. Gaylen McDougall, Fire Prevention  
Mary Gresik, Building Permit Secretary  
Approval Letter File  
Mark Gray, P.E., BH2M



May 18, 2004

Mark Gray, P.E.  
 JAMM  
 155 Loon Point Lane  
 Poland Spring ME 04274

Re: Proposed Expansion of Body Exclusive Fitness Center - Traffic Assessment

Dear Mark:

Per your request I have performed an assessment of the potential traffic impacts associated with the proposed expansion of the existing Body Exclusive Fitness Center located on Warren Avenue just west of Forest Avenue in Portland. The proposed project will consist of a 30' x 130' (3,900 square feet) expansion of the Fitness Center. New traffic generated by this expansion was estimated utilizing the procedures contained in the publication Trip Generation – Seventh Edition<sup>1</sup> for ITE land use code 492 “Health/Fitness Club”. Traffic generation is estimated as follows:

AM Peak Hour (adjacent street - 7:00 – 9:00 AM)	5 Trips
PM Peak Hour (adjacent street - 4:00 – 6:00 PM)	16 Trips
AM Peak Hour (of Generator)	6 Trips
PM Peak Hour (of Generator)	16 Trips

This relatively minor level of traffic generation would not, in my opinion, have any significant impact on the capacity or level of service on the roadways in the vicinity of the site, nor would it require a MDOT Traffic Movement Permit.

Safety data for the 3 year period (2000 - 2002) was obtained from the Accident Records Section of the MDOT Bureau of Planning for roadways in the vicinity of the site. A summary of the accident history in the area is presented in the table below.

---

<sup>1</sup> Institute of Transportation Engineers, 2003

## 2000-02 Accident History in Site Vicinity

LOCATION	2000-2002 ACCIDENTS	ANNUAL AVERAGE	CRITICAL RATE FACTOR <sup>2</sup>
Forest Ave @ Warren Ave	26	8.67	0.66
Warren Ave/ Forest to Bishop	9	3.00	0.63
Warren Ave @ Bishop St	2	0.67	0.34
Warren Ave/ Bishop to Hicks	7	2.33	0.42
Warren Ave @ Hicks St	1	0.33	0.17
Warren Ave/ Hicks to Newcombe	7	2.67	0.45
Warren Ave @ Newcombe	0	0	0
Warren Ave/ Newcombe to Seville	5	1.67	1.65
Warren Ave @ Seville	0	0	0
Warren Ave/ Seville to Riverside	38	12.67	0.89
Warren Ave @ Riverside St	28	9.33	0.70

MDOT guidelines for identification of a High Crash Location ( HCL - indicating a potential safety deficiency) is that a location must experience both 8 or more accidents in a 3 year period and have a Critical Rate Factor of 1.00 or greater. None of the locations in the table above satisfied the criteria

I trust that the above addresses your needs in this matter. Should you or the Poland Planning Board have any additional questions or concerns, please contact me.

Yours truly,

EATON TRAFFIC ENGINEERING

William C. Eaton, P.E.

<sup>2</sup> The Critical Rate Factor is a statistical measure which compares the accident frequency at a location to similar locations throughout the State. A Critical Rate Factor of 1.00 or greater indicates that the location has a higher frequency of accidents than would be expected due to random occurrence, with a 99 percent level of confidence.

TYPE:

CATALOG #:

McGraw-Edison®

DESCRIPTION

The McGraw-Edison Concourse III is the most versatile, functionally designed, universally adaptable outdoor lighting luminaire available. Through a variety of mounting styles, it offers a family of low profile sharp-cutoff luminaires that make optimum use of today's high output HID sources.

APPLICATION

Enhancing natural landscapes as well as cityscapes, the Concourse III brings outstanding performance and style to walkways, parking lots, roadways, loading docks, building areas, and any security lighting application. U.L. listed and CSA certified for wet locations.

SPECIFICATION FEATURES

A...Latches

Two spring-steel quick release latches on housing for toolless entry.

B...Socket

Porcelain mogul-base screw shell type lamp socket with spring-loaded center contact.

C...Housing

One-piece, die-cast aluminum housing features aesthetically pleasing soft-corner design.

D...Gasketing

Closed cell gas-filled high temperature silicone gasketing completely seals optical system from dirt, bugs or other foreign material.

E...Lens

Thermal shock- and impact-resistant clear tempered glass.

F...Optics

Optional high efficiency segmented or hydroformed reflectors available in a range of distributions. Reflector modules attach to the housing. All reflectors are field rotatable in 90° increments.<sup>(5)</sup>

G...Mounting

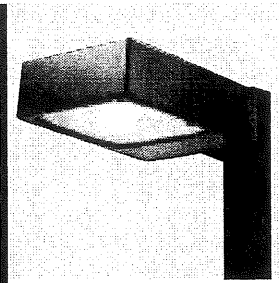
Universal mounting clamp concealed in housing fits 1 1/2" to 2 3/8" O.D. horizontal tenons without adapters. Provides a +5° vertical leveling adjustment.

H...Ballast

Easily removable high power factor HID multi-tap ballast is standard.

J...Hinges

Integral hinges prevent door rocking and optimize sealing capabilities.

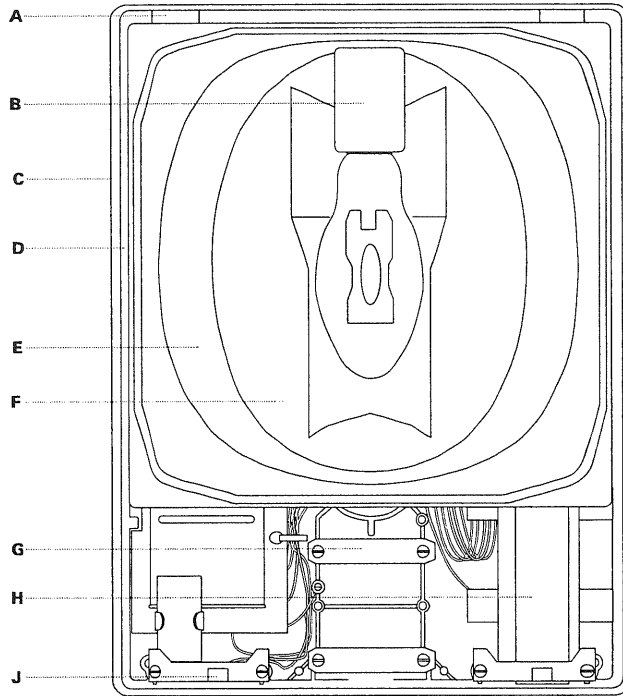


CAL CONCOURSE III

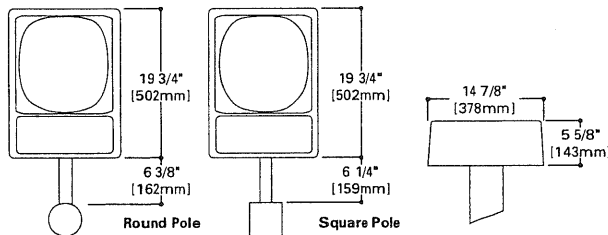
70 - 400 W

High Pressure Sodium Metal Halide

ARCHITECTURAL AREA LUMINAIRE



DIMENSIONS



COOPER LIGHTING

ENERGY DATA

Hi-Reactance Ballast Input Watts

- 70W HPS HPF (95 Watts)
- 70W MH HPF (94 Watts)
- 100W HPS HPF (130 Watts)
- 100W MH HPF (129 Watts)

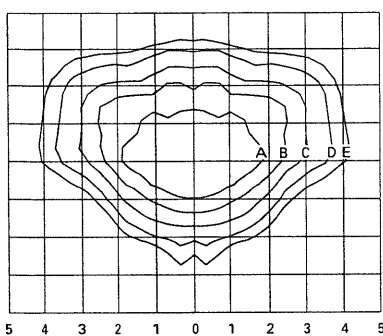
CWA Ballast Input Watts

- 150W MH HPF (210 Watts)
- 175W MH HPF (210 Watts)
- 250W HPS HPF (300 Watts)
- 250W MH HPF (295 Watts)
- 400W HPS HPF (465 Watts)
- 400W MH HPF (455 Watts)

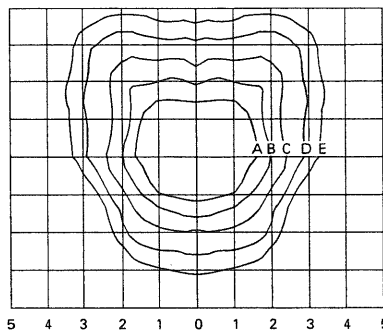
ADH011755



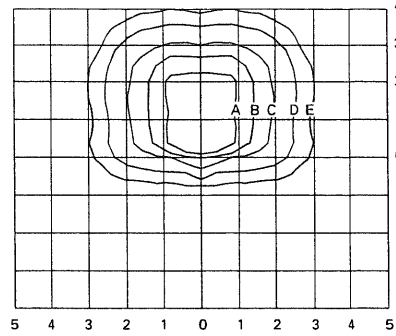
PHOTOMETRICS



**CAL-400-MH-MT-3S**  
400-Watt MH Type III Segmented  
40,000-Lumen Clear Lamp



**CAL-400-MH-MT-4S**  
400-Watt MH Type IV Segmented  
40,000-Lumen Clear Lamp



**CAL-400-MH-MT-SL**  
400-Watt MH Forward Throw Spill Light Eliminator  
40,000-Lumen Clear Lamp

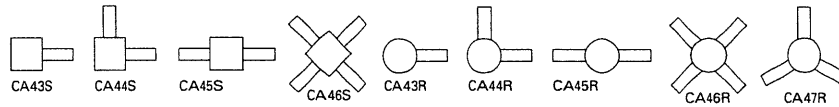
**Footcandle Table**

Select mounting height and read across for footcandle values of each isofootcandle line. Distance in units of mounting height.

Mounting Height	Footcandle Values for Isofootcandle Lines				
	A	B	C	D	E
20'	3.00	1.50	0.75	0.30	0.15
25'	2.00	1.00	0.50	0.20	0.10
30'	1.38	0.69	0.34	0.13	0.06

**Top Mounting for Square and Round Poles (order separately)**

Accommodates 2 3/8"—3" O.D. vertical tenons (arm included). Catalog number includes slipfitter and mounting arm(s). Square unit height is 6 1/4". Round unit height is 6 3/4".



**ORDERING INFORMATION**

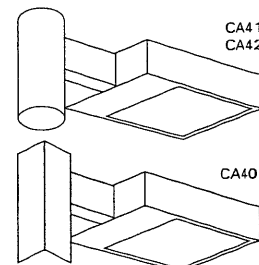
SAMPLE NUMBER: CAL-400-MH-MT-SL-BZ

<b>CAL</b>								
<b>Product Family</b> CAL=Concourse III	<b>Lamp Wattage</b> 70 100 150 175 250 400 <sup>2</sup>	<b>Lamp Type</b> MH HPS	<b>Voltage</b> <sup>3</sup> 120 208 240 277 480 TT=Triple-Tap* MT=Multi-Tap*	<b>Optics</b> 2F=Design 20 Formed 2S=Segmented Type II 3F=Design 30 Formed 3S=Segmented Type III 4F=Design 40 Formed 4S=Segmented Type IV* 5F=Design 50 Formed SL=Forward Throw Spill Light Eliminator	<b>Options (add as suffix)</b> F=Single Fuse (120, 277 or 347V) FF=Double Fused (208, 240 or 480V) P=Button Type Photocontrol (Specify Voltage) R=NEMA Twistlock Photocontrol Receptacle Q=Quartz Restrike (limit to 150W maximum, quartz lamp only, Lamp not included.) <sup>4</sup> V=Vandal Shield L=Lamp Included	<b>Optional Colors (add as suffix/ must specify color)</b> BK=Black AP=Grey BZ=Bronze WH=White	<b>Accessories (order separately)</b> CA11=House Side Shield—Design 20 CA14=Wall Mount Adapter CA18=House Side Shield—Design 40 CA40=Direct Arm Mount for Square Pole (EPA 0.2) CA41=Direct Arm Mount for 3" Diameter Round Pole (EPA 0.2) CA42=Direct Arm Mount for 3 1/2" - 4" Diameter Round Pole (EPA 0.2) CA9005BZ=Adjustable Fitter, FA55BZ Required (fits 2 3/8" O.D. Vertical Tenon) OA1016=Photocontrol-Multi-Tap OA1027=Photocontrol-480V OA1046=120V Photocontrol for Field Installation OA1047=208/240V Button Photocontrol for Field Installation OA1048=277V Button Photocontrol for Field Installation OA1201=Photoelectric Control, 347V NEMA Type MA1055=House Side Shield (Type II & III only)	

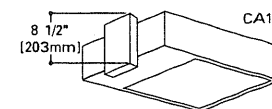
NOTES: <sup>1</sup> Bracket arms are not included with standard unit. One bracket arm must be ordered for each standard unit (see Accessories).  
<sup>2</sup> 400W Metal Halide fixtures use E28 lamps only.  
<sup>3</sup> Products also available in non-US voltages and 50Hz for international markets. Consult factory for availability and ordering information.  
<sup>4</sup> Multi-Tap ballast is 120/208/240/277V wired 277V. Triple Tap ballast is 120/277/347V wired 347V. Add desired voltage after "MT" or "TT".  
<sup>5</sup> IV segmented not rotatable with 400W HPS systems.  
<sup>6</sup> Not available with quartz on "SL" optic.

Catalog Number	Lamp Wattage	Lamp Type	Ballast Type	Optics	Mounting Type	Net Wt. EPA (lbs.)	Shipping Volume (cu. ft.)
CAL-175-MH-MT-2F	175	MH	Multi-tap	Design 20	Mast Arm	0.9 34	2.15
CAL-250-MH-MT-2F	250	MH	Multi-tap	Design 20	Mast Arm	0.9 32	2.15
CAL-400-MH-MT-2F	400	MH	Multi-tap	Design 20	Mast Arm	0.9 35	2.15
CAL-175-MH-MT-3F	175	MH	Multi-tap	Design 30	Mast Arm	0.9 34	2.15
CAL-250-MH-MT-3F	250	MH	Multi-tap	Design 30	Mast Arm	0.9 32	2.15
CAL-400-MH-MT-3F	400	MH	Multi-tap	Design 30	Mast Arm	0.9 35	2.15
CAL-400-MH-MT-3S	400	MH	Multi-tap	Segmented Type III	Mast Arm	0.9 35	2.15
CAL-400-MH-MT-4S	400	MH	Multi-tap	Segmented Type IV	Mast Arm	0.9 35	2.15
CAL-400-MH-MT-SL	400	MH	Multi-tap	Spill Light Eliminator	Mast Arm	0.9 35	2.15
CAL-175-MH-MT-4F	175	MH	Multi-tap	Design 40	Mast Arm	0.9 34	2.15
CAL-250-MH-MT-4F	250	MH	Multi-tap	Design 40	Mast Arm	0.9 32	2.15
CAL-250-MH-MT-4S	250	MH	Multi-tap	Segmented Type IV	Mast Arm	0.9 36	2.15
CAL-400-MH-MT-4F	400	MH	Multi-tap	Design 40	Mast Arm	0.9 35	2.15
CAL-175-MH-MT-5F	175	MH	Multi-tap	Design 50	Mast Arm	0.9 34	2.15
CAL-175-MH-MT-3S	175	MH	Multi-tap	Segmented Type III	Mast Arm	0.9 34	2.15
CAL-250-MH-MT-5F	250	MH	Multi-tap	Design 50	Mast Arm	0.9 32	2.15
CAL-150-HPS-MT-2F	150	HPS	Multi-tap	Design 20	Mast Arm	0.9 28	2.15
CAL-400-HPS-MT-2F	400	HPS	Multi-tap	Design 20	Mast Arm	0.9 36	2.15
CAL-150-HPS-MT-3F	150	HPS	Multi-tap	Design 30	Mast Arm	0.9 28	2.15
CAL-400-HPS-MT-3F	400	HPS	Multi-tap	Design 30	Mast Arm	0.9 36	2.15
CAL-400-HPS-MT-3S	400	HPS	Multi-tap	Segmented Type III	Mast Arm	0.9 36	2.15
CAL-400-HPS-MT-SL	400	HPS	Multi-tap	Spill Light Eliminator	Mast Arm	0.9 36	2.15
CAL-150-HPS-MT-4F	150	HPS	Multi-tap	Design 40	Mast Arm	0.9 28	2.15
CAL-400-HPS-MT-4F	400	HPS	Multi-tap	Design 40	Mast Arm	0.9 36	2.15
CAL-150-HPS-MT-5F	150	HPS	Multi-tap	Design 50	Mast Arm	0.9 28	2.15
CAL-400-HPS-MT-5F	400	HPS	Multi-tap	Design 50	Mast Arm	0.9 36	2.15

**DIRECT ARM MOUNTINGS**



**WALL MOUNT ADAPTER**



NOTE: Specifications and dimensions subject to change without notice.

Visit our web site at [www.cooperlighting.com](http://www.cooperlighting.com)

Customer First Center 1121 Highway 74 South Peachtree City, GA 30269 770.486.4800 FAX 770.486.4801 ADH011755



# COOPER UTILITY LIGHTING

## SSSSQUARE STRAIGHT STEEL

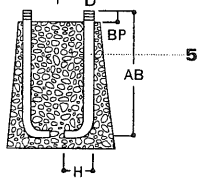
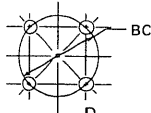
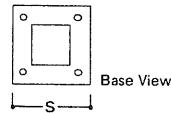
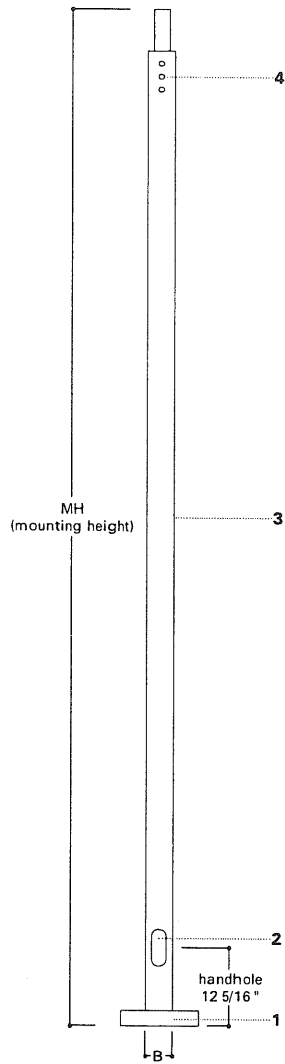
10' - 39'  
Mounting Height

SQUARE STRAIGHT  
STEEL

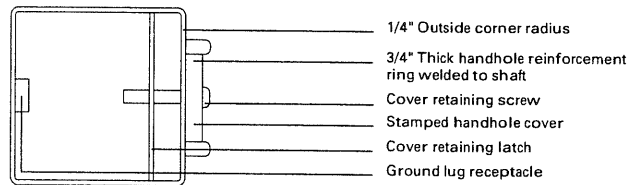
### FINISH COLORS

F=Dark Bronze  
G=Galvanized  
H=Red  
I=Royal Blue  
P=Prime  
S=Silver  
V=Grey  
W=White  
X=None  
Y=Black

DETAILS  
REFER TO CHART FOR DIMENSIONAL INFORMATION



### HANDHOLE (section through standard handhole)



### SPECIFICATIONS

- |                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1...ASTM Grade steel base plate with ASTM A366 base cover.</p> <p>2...Handhole assembly 3" x 5" on 5" and 6" pole; and 2" x 4" on 4" pole.</p> <p>3...ASTM A500 grade "B" steel shaft. Shot blasted and painted with polyester powder coat.</p> | <p>4...Drilled or Tenon (specify).</p> <p>5...Anchor bolt per ASTM A576 with (2) nuts, (2) flat washer, and (1) lock washer. Nuts, washers and threaded portion of bolt are hot dip galvanized. 3" hook for 3/4" bolt. 4" hook for 1" bolt.</p> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



**ORDERING INFORMATION**

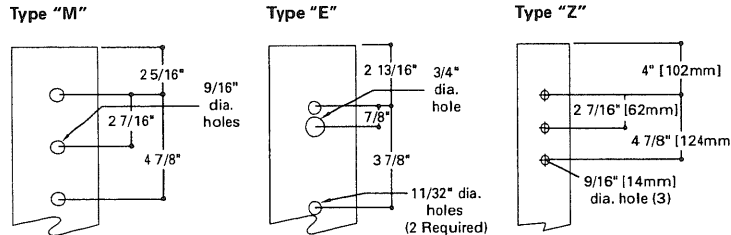
The following information illustrates the correct way to enter an order for **SSS5A20SFM1XG**. The ordering designation is detailed as follows.

Square	Straight	Steel	Shaft <sup>3</sup> Size	Wall Thickness	Mounting Height (ft.)	Base Type	Finish	Fixture Mounting & Type	No. & Location of Arms	Arm Lengths	Accessories (Ground Lug)
S	S	S	5	A	20	S	F	M	1	X	G

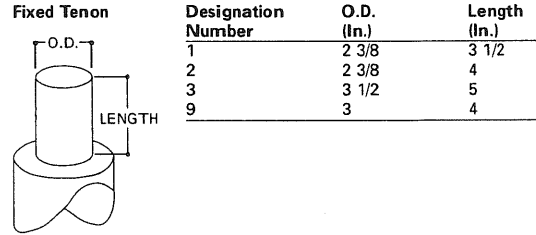
Mtg. Height	Catalog <sup>1, 2</sup> Number	Wall Thickness	Base Square (In.)	Bolt Circle Dia. (In.)	Bolt Proj. (In.)	Shaft Size (In.)	Anchor Bolt Dia. & Length (In.)	Net. Wt. (Lbs.)	EPA At Pole Top (Sq. Ft.)	80	90	100	80	90	100	Max. Fixture Load—Include Bracket (Lbs.)
MH			S	BC	BP	B	AB									
10	SSS4A10SF	.120	10 1/2	11.0	4 1/2	4	3/4 x 25 x 3	96	28.5	22.1	17.5	20.3	15.8	12.5	150	
15	SSS4A15SF	.120	10 1/2	11.0	4 1/2	4	3/4 x 25 x 3	133	17.3	13.0	9.9	10.9	8.2	6.2	150	
20	SSS4A20SF	.120	10 1/2	11.0	4 1/2	4	3/4 x 25 x 3	152	8.5	5.9	4.1	7.0	4.9	3.4	200	
25	SSS4A25SF	.120	10 1/2	11.0	4 1/2	4	3/4 x 25 x 3	208	4.7	2.7	1.2	4.0	2.3	1.0 <sup>5</sup>	200	
20	SSS5A20SF	.120	10 1/2	11.0	4 1/2	5	3/4 x 25 x 3	202	15.1	11.0	8.0	12.6	9.1	6.7	200	
25	SSS5A25SF	.120	10 1/2	11.0	4 1/2	5	3/4 x 25 x 3	248	9.7	6.4	4.0	8.3	5.5	3.4	200	
30	SSS5A30SF	.120	10 1/2	11.0	4 1/2	5	3/4 x 25 x 3	293	5.4	2.6	.6 <sup>5</sup>	4.3	2.1	.5 <sup>5</sup>	300	
35	SSS5M35SF	.188	10 1/2	11.0	4 1/2	5	3/4 x 25 x 3	480	6.6	3.4	1.1 <sup>5</sup>	5.9	3.1	1.0 <sup>5</sup>	300	
25	SSS6A25SF	.120	12 1/2	12.5	5	6	1 x 36 x 4	295	16.0	11.0	7.6	13.7	9.6	6.6	200	
30	SSS6A30SF	.120	12 1/2	12.5	5	6	1 x 36 x 4	347	10.3	6.2	3.3	8.2	5.0	2.6	200	
30	SSS6M30SF	.188	12 1/2	12.5	5	6	1 x 36 x 4	505	20.2	14.1	9.7	16.1	11.2	7.7	300	
35	SSS6M35SF	.188	12 1/2	12.5	5	6	1 x 36 x 4	584	12.5	7.8	4.5 <sup>5</sup>	11.3	7.0	4.0	300	
35	SSS6X35SF	.250	12 1/2	12.5	5	6	1 x 36 x 4	696	19.0	12.9	8.6	17.0	11.6	7.7	450	
39	SSS6M39SF	.188	12 1/2	12.5	5	6	1 x 36 x 4	647	8.6	4.3	1.4	7.9	4.1	1.3 <sup>5</sup>	300	
39	SSS6X39SF	.250	12 1/2	12.5	5	6	1 x 36 x 4	822	14.4	8.9	5.0	13.2	8.2	4.7	300	

NOTES: <sup>1</sup> Catalog number includes pole with anchor bolts with double nuts (BEFORE INSTALLING ANCHOR BOLTS MAKE SURE PROPER ANCHOR BOLT TEMPLATE IS OBTAINED FROM COOPER LIGHTING). <sup>2</sup> Tenon size or machining for rectangular arms must be specified. Handhole is located 180° from single arm. <sup>3</sup> Shaft size, base plate, anchor bolts and projections may vary slightly—all dimensions nominal. <sup>4</sup> EPA's based on shaft properties with wind normal to flat. EPA's calculated using base wind velocity as indicated plus 30% gust factor. <sup>5</sup> Not recommended.

**DRILLING PATTERN**



**MOUNTING OPTIONS (add as suffix)**



**MACHINING FOR RECTANGULAR ARMS (add as suffix)**

Designation Letter & Number	Designation (UCS Only) Letter & Number	Designation (Cirrus / Credenza Only) Letter & Number	Quantity & Location
M1	E1	Z1	Single
M2	E2	Z2	2 @ 180° <sup>1</sup>
M3	E3	Z3	3 @ 120° <sup>2</sup>
M4	E4	Z4	4 @ 90° <sup>1</sup>
M5	E5	Z5	2 @ 90° <sup>1</sup>
M6	E6	Z6	3 @ 90°
M7	E7	Z7	2 @ 120°

NOTES: <sup>1</sup> Arm mounting holes located 45° from base holes. <sup>2</sup> First drilling is 180° from handhole.

**ACCESSORIES**

- A=1/2" tapped hub <sup>1</sup>
- B=3/4" tapped hub <sup>1</sup>
- C=Convenience outlet <sup>2</sup>
- G=Grounding lug (max. wire #8 AWG)
- H=Additional handhole and cover—12" below pole top—90° from handhole.

NOTES: <sup>1</sup> Location is 3' above base—90° from handhole. <sup>2</sup> Outlet is located 4" above base and on same side of pole as handhole, unless specified otherwise. Receptacle not included, provision only.

NOTE: Specifications and Dimensions subject to change without notice.



May 18, 2004

Building Expansion Lifestyle Fitness Center, 55 Warren Avenue, Portland, ME  
**Stormwater Narrative**

Existing site was developed in 1994 and has an existing detention basin to limit pre-development design peak flow rated to those that were calculated prior to development. Areas that are tributary to Warren Avenue are not increasing in area or discharge rate and are therefore not considered in these calculations. Developed areas tributary to the detention basin are increasing in area, and the need for treatment of the stormwater now exists, so the existing detention basin has been reshaped, enlarged and excavated to provide treatment of the stormwater through wet pond treatment.

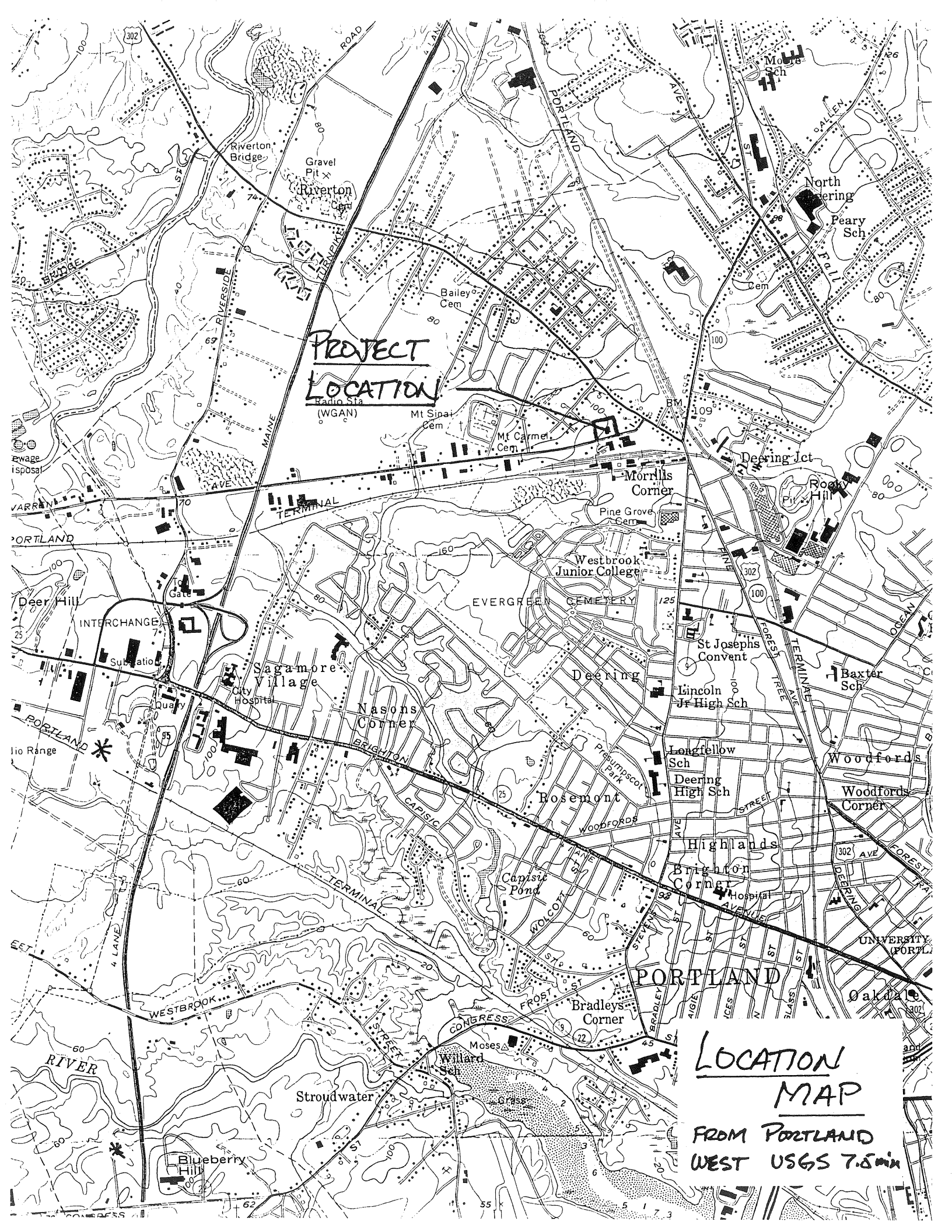
The existing site (including both parcels) is 4.31 acres in size, and is located on the north side of Warren Avenue, about 600 feet west of Route 302. The site slopes toward the west and north to a wet area which is in turn tributary to a drainage course passing under Avalon Road, on to an unnamed brook to the north and west of the site which is in turn tributary to the Fore River. Soils on site are mapped as Belgrade (HSC B) with wetland areas Scantic (HSC C).

Stormwater calculations were performed using the HydroCAD stormwater modeling software using a type III SCS hydrograph. Three design storms were modeled; the 2 year storm, raining 3.0 inches in 24 hours; the 10 year storm raining 4.7 inches in 24 hours; and the 25 year storm, raining 5.5 inches in 24 hours.

Pre-development catchment is B1. Runoff for each storm from catchment B1 is compared to post-development detention basin to determine if peak discharge rates are controlled. See the attached chart

HydroCAD Structure	2 Yr Storm	10 Yr Storm	25 Yr Storm
B1 (pre-development)	1.35	3.86	5.21
P1 (post-development basin)	1.21	3.66	4.63
Decrease in peak discharge rate	0.14	0.20	0.58
Peak Pond Elevation	100.18	100.79	101.02

The detention basin/wet pond provides treatment for TSS at 52%, because of the wet pond with 3' depth and 1 storage volume and aspect ratio between 4:1 and 2:1. See calculations.



**PROJECT  
LOCATION**

Radio Sta  
(WGAN)

**LOCATION  
MAP**

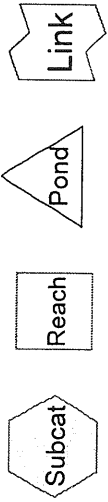
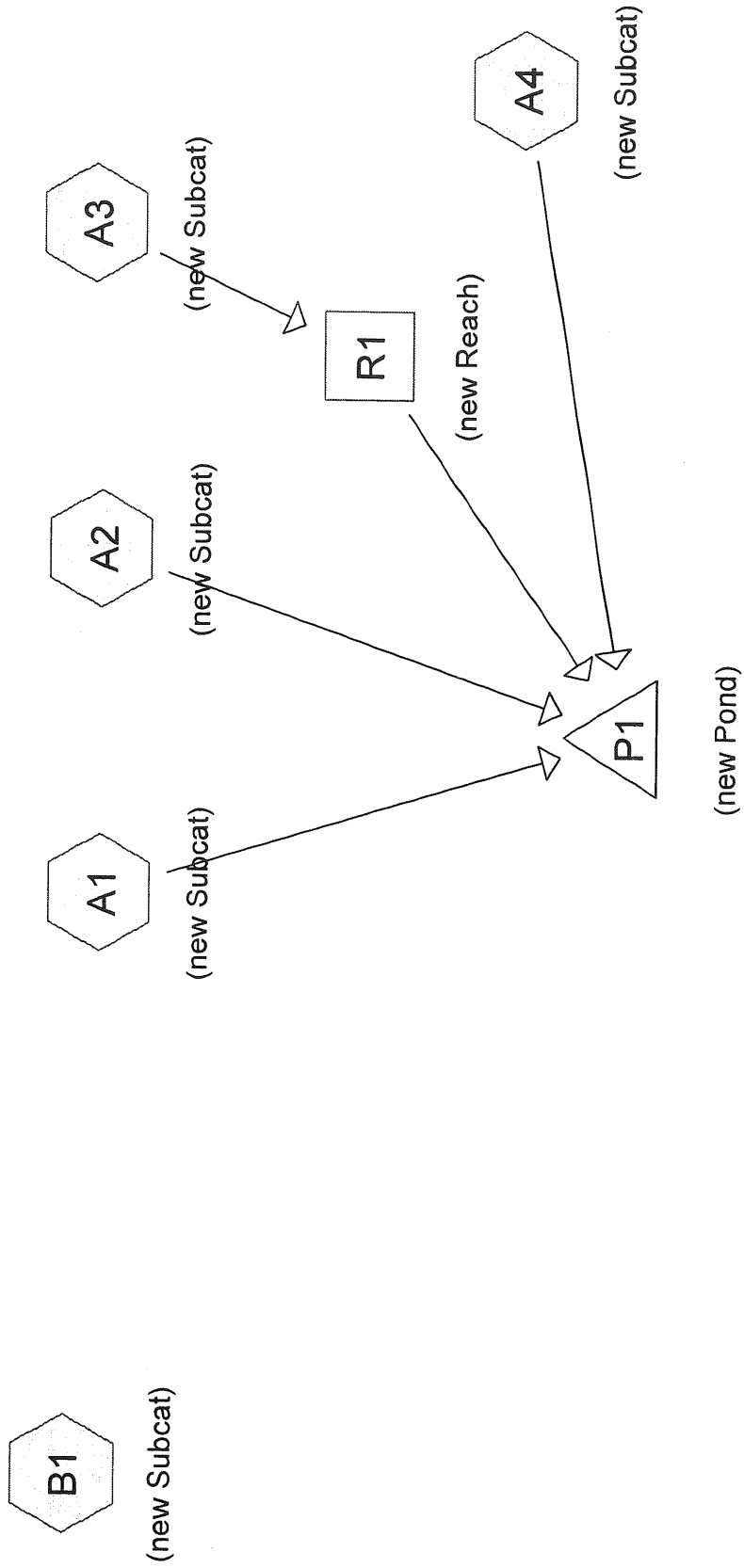
FROM PORTLAND  
WEST USGS 7.5min

(Joins sheet 75)

HrB (Joins sheet 76)



# SOIL MAP



**Drainage Diagram for Lifestyle Fitness Center**  
 Prepared by {enter your company name here} 5/19/2004  
 HydroCAD® 7.00 s/n 000885 © 1986-2003 Applied Microcomputer Systems

**Lifestyle Fitness Center**

Type III 24-hr 10 Yr Storm Rainfall=4.70"

Prepared by {enter your company name here}

Page 2

HydroCAD® 7.00 s/n 000885 © 1986-2003 Applied Microcomputer Systems

5/19/2004

Time span=5.00-30.00 hrs, dt=0.02 hrs, 1251 points  
Runoff by SCS TR-20 method, UH=SCS  
Reach routing by Stor-Ind+Trans method - Pond routing by Stor-Ind method

**Subcatchment A1: (new Subcat)** Runoff Area=74,232 sf Runoff Depth=3.29"  
Tc=6.0 min CN=87 Runoff=6.46 cfs 0.467 af

**Subcatchment A2: (new Subcat)** Runoff Area=15,587 sf Runoff Depth=4.35"  
Tc=5.0 min CN=98 Runoff=1.70 cfs 0.130 af

**Subcatchment A3: (new Subcat)** Runoff Area=18,989 sf Runoff Depth=4.35"  
Tc=5.0 min CN=98 Runoff=2.07 cfs 0.158 af

**Subcatchment A4: (new Subcat)** Runoff Area=7,159 sf Runoff Depth=3.59"  
Tc=5.0 min CN=90 Runoff=0.69 cfs 0.049 af

**Subcatchment B1: (new Subcat)** Runoff Area=93,101 sf Runoff Depth=1.82"  
Tc=10.0 min CN=70 Runoff=3.86 cfs 0.324 af

**Reach R1: (new Reach)** Peak Depth=0.67' Max Vel=6.1 fps Inflow=2.07 cfs 0.158 af  
D=8.0" n=0.010 L=70.0' S=0.0140 '/' Capacity=1.86 cfs Outflow=1.86 cfs 0.158 af

**Pond P1: (new Pond)** Peak Elev=100.79' Storage=29,949 cf Inflow=10.67 cfs 0.803 af  
Outflow=3.66 cfs 0.794 af

**Total Runoff Area = 4.800 ac Runoff Volume = 1.127 af Average Runoff Depth = 2.82"**

**Subcatchment A1: (new Subcat)**

Runoff = 7.87 cfs @ 12.09 hrs, Volume= 0.574 af, Depth= 4.04"

Runoff by SCS TR-20 method, UH=SCS, Time Span= 5.00-30.00 hrs, dt= 0.02 hrs  
Type III 24-hr 25 Yr Storm Rainfall=5.50"

Area (sf)	CN	Description
20,000	74	C LAWN
5,070	98	WET POND SURFACE
13,226	71	UNMOWED AREAS
35,936	98	IMPERVIOUS
74,232	87	Weighted Average

Tc (min)	Length (feet)	Slope (ft/ft)	Velocity (ft/sec)	Capacity (cfs)	Description
6.0					Direct Entry,

**Subcatchment A2: (new Subcat)**

Runoff = 1.99 cfs @ 12.07 hrs, Volume= 0.152 af, Depth= 5.11"

Runoff by SCS TR-20 method, UH=SCS, Time Span= 5.00-30.00 hrs, dt= 0.02 hrs  
Type III 24-hr 25 Yr Storm Rainfall=5.50"

Area (sf)	CN	Description
15,587	98	PARKING LOT

Tc (min)	Length (feet)	Slope (ft/ft)	Velocity (ft/sec)	Capacity (cfs)	Description
5.0					Direct Entry,

**Subcatchment A3: (new Subcat)**

Runoff = 2.42 cfs @ 12.07 hrs, Volume= 0.186 af, Depth= 5.11"

Runoff by SCS TR-20 method, UH=SCS, Time Span= 5.00-30.00 hrs, dt= 0.02 hrs  
Type III 24-hr 25 Yr Storm Rainfall=5.50"

Area (sf)	CN	Description
18,989	98	ROOF

Tc (min)	Length (feet)	Slope (ft/ft)	Velocity (ft/sec)	Capacity (cfs)	Description
5.0					Direct Entry,

**Subcatchment A4: (new Subcat)**

Runoff = 0.83 cfs @ 12.07 hrs, Volume= 0.060 af, Depth= 4.35"

Runoff by SCS TR-20 method, UH=SCS, Time Span= 5.00-30.00 hrs, dt= 0.02 hrs  
Type III 24-hr 25 Yr Storm Rainfall=5.50"

Area (sf)	CN	Description
4,931	98	IMPERVIOUS
2,228	71	UNMOWED AREAS
7,159	90	Weighted Average

Tc (min)	Length (feet)	Slope (ft/ft)	Velocity (ft/sec)	Capacity (cfs)	Description
5.0					Direct Entry,

**Subcatchment B1: (new Subcat)**

Runoff = 5.21 cfs @ 12.14 hrs, Volume= 0.430 af, Depth= 2.41"

Runoff by SCS TR-20 method, UH=SCS, Time Span= 5.00-30.00 hrs, dt= 0.02 hrs  
Type III 24-hr 25 Yr Storm Rainfall=5.50"

Area (sf)	CN	Description
93,101	70	C WOODS

Tc (min)	Length (feet)	Slope (ft/ft)	Velocity (ft/sec)	Capacity (cfs)	Description
10.0					Direct Entry,

**Reach R1: (new Reach)**

Inflow Area = 0.436 ac, Inflow Depth = 5.11" for 25 Yr Storm event  
Inflow = 2.42 cfs @ 12.07 hrs, Volume= 0.186 af  
Outflow = 1.87 cfs @ 12.04 hrs, Volume= 0.186 af, Atten= 23%, Lag= 0.0 min

Routing by Stor-Ind+Trans method, Time Span= 5.00-30.00 hrs, dt= 0.02 hrs  
Max. Velocity= 6.1 fps, Min. Travel Time= 0.2 min  
Avg. Velocity = 2.5 fps, Avg. Travel Time= 0.5 min

Peak Depth= 0.67' @ 12.04 hrs  
Capacity at bank full= 1.86 cfs  
8.0" Diameter Pipe n= 0.010 Length= 70.0' Slope= 0.0140 '/'



**Pond P1: (new Pond)**

Inflow Area = 2.662 ac, Inflow Depth = 4.38" for 25 Yr Storm event  
 Inflow = 12.52 cfs @ 12.08 hrs, Volume= 0.972 af  
 Outflow = 4.63 cfs @ 12.34 hrs, Volume= 0.962 af, Atten= 63%, Lag= 15.6 min  
 Primary = 4.63 cfs @ 12.34 hrs, Volume= 0.962 af

Routing by Stor-Ind method, Time Span= 5.00-30.00 hrs, dt= 0.02 hrs  
 Starting Elev= 99.00' Surf.Area= 6,163 sf Storage= 17,045 cf  
 Peak Elev= 101.02' @ 12.34 hrs Surf.Area= 8,469 sf Storage= 31,795 cf (14,750 cf above start)  
 Plug-Flow detention time= 311.7 min calculated for 0.570 af (59% of inflow)  
 Center-of-Mass det. time= 93.4 min ( 877.9 - 784.5 )

#	Invert	Avail.Storage	Storage Description
1	94.80'	40,684 cf	<b>Custom Stage Data (Prismatic)</b> Listed below

Elevation (feet)	Surf.Area (sq-ft)	Inc.Store (cubic-feet)	Cum.Store (cubic-feet)
94.80	5	0	0
95.00	2,404	241	241
96.00	3,237	2,821	3,061
97.00	4,142	3,690	6,751
98.00	5,142	4,642	11,393
99.00	6,163	5,653	17,045
100.00	7,272	6,718	23,763
101.00	8,445	7,859	31,621
102.00	9,681	9,063	40,684

#	Routing	Invert	Outlet Devices
1	Primary	99.00'	<b>12.0" x 28.0' long Culvert RCP</b> , sq.cut end projecting, Ke= 0.500 Outlet Invert= 98.80' S= 0.0071 '/' n= 0.013 Cc= 0.900
2	Primary	101.00'	<b>10.0' long x 10.0' breadth Broad-Crested Rectangular Weir</b> Head (feet) 0.20 0.40 0.60 0.80 1.00 1.20 1.40 1.60 Coef. (English) 2.49 2.56 2.70 2.69 2.68 2.69 2.67 2.64
3	Device 1	99.00'	<b>7.0" Vert. Orifice/Grate</b> C= 0.600
4	Device 1	100.50'	<b>4.0' long x 0.5' high Sharp-Crested Rectangular Weir</b> 2 End Contraction(s)

Primary OutFlow Max=4.58 cfs @ 12.34 hrs HW=101.02' (Free Discharge)

- 1=Culvert (Barrel Controls 4.51 cfs @ 5.7 fps)
- 3=Orifice/Grate (Passes < 1.69 cfs potential flow)
- 4=Sharp-Crested Rectangular Weir(Passes < 5.37 cfs potential flow)
- 2=Broad-Crested Rectangular Weir(Weir Controls 0.07 cfs @ 0.3 fps)

Stage-Area-Storage for Pond P1: (new Pond)

Elevation (feet)	Surface (sq-ft)	Storage (cubic-feet)	Elevation (feet)	Surface (sq-ft)	Storage (cubic-feet)
92.80	5	0	98.00	5,142	14,595
92.90	500	50	98.10	5,244	15,160
93.00	995	100	98.20	5,346	15,725
93.10	1,060	232	98.30	5,448	16,290
93.20	1,125	364	98.40	5,550	16,855
93.30	1,189	496	98.50	5,653	17,421
93.40	1,254	628	98.60	5,755	17,986
93.50	1,319	760	98.70	5,857	18,551
93.60	1,384	891	98.80	5,959	19,116
93.70	1,449	1,023	98.90	6,061	19,682
93.80	1,513	1,155	99.00	6,163	20,247
93.90	1,578	1,287	99.10	6,274	20,919
94.00	1,643	1,419	99.20	6,385	21,591
94.10	1,719	1,621	99.30	6,496	22,262
94.20	1,795	1,824	99.40	6,607	22,934
94.30	1,871	2,026	99.50	6,718	23,606
94.40	1,947	2,228	99.60	6,828	24,277
94.50	2,024	2,431	99.70	6,939	24,949
94.60	2,100	2,633	99.80	7,050	25,621
94.70	2,176	2,835	99.90	7,161	26,293
94.80	2,252	3,038	100.00	7,272	26,965
94.90	2,328	3,240	100.10	7,389	27,750
95.00	2,404	3,443	100.20	7,507	28,536
95.10	2,487	3,725	100.30	7,624	29,322
95.20	2,571	4,007	100.40	7,741	30,108
95.30	2,654	4,289	100.50	7,859	30,894
95.40	2,737	4,571	100.60	7,976	31,680
95.50	2,821	4,853	100.70	8,093	32,465
95.60	2,904	5,135	100.80	8,210	33,251
95.70	2,987	5,417	100.90	8,328	34,037
95.80	3,070	5,699	101.00	8,445	34,823
95.90	3,154	5,981	101.10	8,569	35,729
96.00	3,237	6,263	101.20	8,692	36,636
96.10	3,327	6,632	101.30	8,816	37,542
96.20	3,418	7,001	101.40	8,939	38,448
96.30	3,508	7,370	101.50	9,063	39,355
96.40	3,599	7,739	101.60	9,187	40,261
96.50	3,690	8,108	101.70	9,310	41,167
96.60	3,780	8,477	101.80	9,434	42,073
96.70	3,871	8,846	101.90	9,557	42,980
96.80	3,961	9,215	102.00	<b>9,681</b>	<b>43,886</b>
96.90	4,051	9,584			
97.00	4,142	9,953			
97.10	4,242	10,417			
97.20	4,342	10,881			
97.30	4,442	11,345			
97.40	4,542	11,809			
97.50	4,642	12,274			
97.60	4,742	12,738			
97.70	4,842	13,202			
97.80	4,942	13,666			
97.90	5,042	14,130			

← 2.95 @ 93  
 ~ 30' @ 92  
 1' ice  
 FINISHED  
 0.335 AC-FT  
 @ EL 93.0  
 [INFORM AREA  
 2.325 AC  
 10' @ 93.0  
 0.335 AC-FT  
 TSS REMOVAL  
 52%  
 Pond IV w/  
 DRAIN 2'

**Lifestyle Fitness Center**

Type III 24-hr **Rainfall=2.50"**

Prepared by {enter your company name here}

HydroCAD® 7.00 s/n 000885 © 1986-2003 Applied Microcomputer Systems

5/19/2004

**Pond P1: (new Pond)**

[82] Warning: Early inflow requires earlier time span

*STORM  
VOLUME  
CAP*

Inflow Area = 2.662 ac, Inflow Depth = 1.60"  
 Inflow = 4.86 cfs @ 12.08 hrs, Volume= 0.355 af  
 Outflow = 1.03 cfs @ 12.51 hrs, Volume= 0.347 af, Atten= 79%, Lag= 25.6 min  
 Primary = 1.03 cfs @ 12.51 hrs, Volume= 0.347 af

Routing by Stor-Ind method, Time Span= 5.00-30.00 hrs, dt= 0.02 hrs  
 Starting Elev= 99.00' Surf.Area= 6,163 sf Storage= 20,247 cf  
 Peak Elev= 99.94' @ 12.51 hrs Surf.Area= 7,203 sf Storage= 26,549 cf (6,302 cf above start)  
 Plug-Flow detention time= (not calculated)  
 Center-of-Mass det. time= (not calculated)

#	Invert	Avail.Storage	Storage Description
1	92.80'	43,886 cf	<b>Custom Stage Data (Prismatic)</b> Listed below

Elevation (feet)	Surf.Area (sq-ft)	Inc.Store (cubic-feet)	Cum.Store (cubic-feet)
92.80	5	0	0
93.00	995	100	100
94.00	1,643	1,319	1,419
95.00	2,404	2,024	3,443
96.00	3,237	2,821	6,263
97.00	4,142	3,690	9,953
98.00	5,142	4,642	14,595
99.00	6,163	5,653	20,247
100.00	7,272	6,718	26,965
101.00	8,445	7,859	34,823
102.00	9,681	9,063	43,886

#	Routing	Invert	Outlet Devices
1	Primary	99.00'	<b>12.0" x 28.0' long Culvert</b> RCP, sq.cut end projecting, Ke= 0.500 Outlet Invert= 98.80' S= 0.0071 '/ n= 0.013 Cc= 0.900
2	Primary	101.00'	<b>10.0' long x 10.0' breadth Broad-Crested Rectangular Weir</b> Head (feet) 0.20 0.40 0.60 0.80 1.00 1.20 1.40 1.60 Coef. (English) 2.49 2.56 2.70 2.69 2.68 2.69 2.67 2.64
3	Device 1	99.00'	<b>7.0" Vert. Orifice/Grate</b> C= 0.600
4	Device 1	100.50'	<b>4.0' long x 0.5' high Sharp-Crested Rectangular Weir</b> 2 End Contraction(s)

**Primary OutFlow Max=1.03 cfs @ 12.51 hrs HW=99.94' (Free Discharge)**

- 1=Culvert (Passes 1.03 cfs of 2.11 cfs potential flow)
- 3=Orifice/Grate (Orifice Controls 1.03 cfs @ 3.9 fps)
- 4=Sharp-Crested Rectangular Weir( Controls 0.00 cfs)
- 2=Broad-Crested Rectangular Weir( Controls 0.00 cfs)

September 1, 2004

Kandice Talbot, Planner  
City of Portland  
389 Congress Street  
Portland, ME 04101

Subject:       **Building and Parking Expansion  
Lifestyle Fitness Center  
55 Warren Avenue, Portland, Maine  
Response to Comment Letter of 8-26-04**

Dear Ms. Talbot:

We are in receipt of your letter to Mark Gray of August 26, 2004 received in this office on August 27, 2004. The following are responses to the comments contained in those documents, item-by-item. Supporting documentation is attached to this letter.

1. Sewer capacity letter from the Portland Sewer Department will be submitted to staff prior to issuance of building permit. Robert Ray is following up on this item.
2. Exterior building facade of the building addition will be of the same materials, same color and the same height as the existing building. Coupled with the fact that this addition is not visible from the street, the Murox shop drawing provided in our last submission would seem to be adequate to assure the City of an acceptable appearance for this addition. Please let us know if this further information is not adequate to meet this requirement.
3. The lot with the new parking area has been transferred into the ownership of Bentley Holdings, Inc., in order to assure the City that both parcels are in the same ownership. The parking lot can now be considered an accessory use under the City's land use ordinance.
4. Mark Gray of this office discussed the issue of the potential for frost heaving of the soil under the proposed 18" Class V reinforced concrete storm drain lead with Jim Seymour yesterday. A 4' wide, 2" thick closed cell polystyrene insulation is now proposed at the bottom of the bedding material for the pipe. This change is shown on the trench section detail on sheet C1.
5. The 8" roof lead has been shortened where it enters the pond and rip-rap has been added. See sheet C1.
6. The 16 temporary parking spaces on the east side of the existing north parking lot have been eliminated and the area has been shown to be restored with 4" of loam and seed. See sheet C1.
7. The parking spaces closest to the pond at the end of the approach drive have been designated employee parking spaces. See sheet C1.
8. Snow storage locations have been shown on sheet C1.
9. The handicapped space at the north end of the row immediately west of the existing building has had its handicapped designation removed. A 5' wide sidewalk has been restored to the

design connecting the west and north sides of the building. This sidewalk connects the handicapped spaces and ramp on the west with the main entrance on the north.

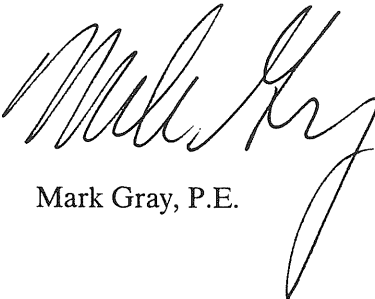
10. The painted cross-walks on the north sides of the building have been removed.
11. Bituminous curb has been added to the new parking lot entrance drives and center island.
12. A note has been added to sheet C1 to prohibit running electrical conduit inside the limits of the wet pond.
13. See the maintenance plan note on sheet C1.
14. See attached sheets L1 & L2 with comments a. through h. from the City Arborist addressed.
15. A note has been added to the plan stating regarding time constraints on the emptying of trash dumpsters.

Appended to this letter are the following

1. Revised sheets C1, C2, L1 & L2 in D size format.

Please contact me if you need further information.

Sincerely,  
JAMM Civil & Structural Engineering



Mark Gray, P.E.

cc. File

C:\11mark\2004\Projects\2004005\Minor Site Plan Comment Response Letter 9-1-04.doc

**CITY OF PORTLAND, MAINE  
DEVELOPMENT REVIEW APPLICATION  
PLANNING DEPARTMENT PROCESSING FORM  
Planning Copy**

2004-0102  
Application I. D. Number

**Robert Ray**  
Applicant  
**30 Cuba Road, Manchester, ME 04351**  
Applicant's Mailing Address

**05/25/2004**  
Application Date

**JAMM Civil & Structural Engineering**  
Consultant/Agent  
**Applicant Ph: (207) 786-4790      Applicant Fax: (207) 732-8761**  
Applicant or Agent Daytime Telephone, Fax

**55 - 55 Warren Ave, Portland, Maine**  
Address of Proposed Site  
**292 D006001**  
Assessor's Reference: Chart-Block-Lot

**Lifestyles Fitness Center**  
Project Name/Description

Proposed Development (check all that apply):  New Building  Building Addition  Change Of Use  Residential  Office  Retail  
 Manufacturing  Warehouse/Distribution  Parking Lot  Other (specify)

**3,900 sq ft** **B4**  
Proposed Building square Feet or # of Units Acreage of Site Zoning

**Check Review Required:**

- |                                                                |                                                   |                                                |                                                  |
|----------------------------------------------------------------|---------------------------------------------------|------------------------------------------------|--------------------------------------------------|
| <input checked="" type="checkbox"/> Site Plan<br>(major/minor) | <input type="checkbox"/> Subdivision<br># of lots | <input type="checkbox"/> PAD Review            | <input type="checkbox"/> 14-403 Streets Review   |
| <input type="checkbox"/> Flood Hazard                          | <input type="checkbox"/> Shoreland                | <input type="checkbox"/> Historic Preservation | <input type="checkbox"/> DEP Local Certification |
| <input type="checkbox"/> Zoning Conditional<br>Use (ZBA/PB)    | <input type="checkbox"/> Zoning Variance          |                                                | <input type="checkbox"/> Other                   |

Fees Paid:      Site Plan      **\$400.00**      Subdivision      Engineer Review      **\$1,295.70**      Date      **09/16/2004**

**Planning Approval Status:**

Reviewer **Kandi Talbot**

- Approved       **Approved w/Conditions**       Denied  
See Attached

Approval Date      **09/24/2004**      Approval Expiration      **09/24/2005**      Extension to       Additional Sheets Attached

OK to Issue Building Permit      **Kandi Talbot**      **09/28/2004**  
signature      date

**Performance Guarantee**       **Required\***       **Not Required**

\* No building permit may be issued until a performance guarantee has been submitted as indicated below

- |                                                                    |                           |                                                    |                                      |
|--------------------------------------------------------------------|---------------------------|----------------------------------------------------|--------------------------------------|
| <input checked="" type="checkbox"/> Performance Guarantee Accepted | <b>09/27/2004</b><br>date | <b>\$67,825.00</b><br>amount                       | <b>09/22/2005</b><br>expiration date |
| <input checked="" type="checkbox"/> Inspection Fee Paid            | <b>09/27/2004</b><br>date | <b>\$1,356.50</b><br>amount                        |                                      |
| <input type="checkbox"/> Building Permit Issue                     | date                      |                                                    |                                      |
| <input type="checkbox"/> Performance Guarantee Reduced             | date                      | remaining balance                                  | signature                            |
| <input type="checkbox"/> Temporary Certificate of Occupancy        | date                      | <input type="checkbox"/> Conditions (See Attached) | expiration date                      |
| <input type="checkbox"/> Final Inspection                          | date                      | signature                                          |                                      |
| <input type="checkbox"/> Certificate Of Occupancy                  | date                      |                                                    |                                      |
| <input type="checkbox"/> Performance Guarantee Released            | date                      | signature                                          |                                      |
| <input type="checkbox"/> Defect Guarantee Submitted                | submitted date            | amount                                             | expiration date                      |
| <input type="checkbox"/> Defect Guarantee Released                 | date                      | signature                                          |                                      |

**CITY OF PORTLAND, MAINE  
DEVELOPMENT REVIEW APPLICATION  
PLANNING DEPARTMENT PROCESSING FORM  
ADDENDUM**

**2004-0102**  
Application I. D. Number

**Robert Ray**  
Applicant  
**30 Cuba Road, Manchester, ME 04351**

**05/25/2004**  
Application Date

Applicant's Mailing Address  
**JAMM Civil & Structural Engineering**

**Lifestyles Fitness Center**  
Project Name/Description

Consultant/Agent  
**Applicant Ph: (207) 786-4790      Applicant Fax: 2077328761**  
Applicant or Agent Daytime Telephone, Fax

**55 - 55 Warren Ave, Portland, Maine**  
Address of Proposed Site  
**292 D006001**  
Assessor's Reference: Chart-Block-Lot

**Approval Conditions of Planning**

- 1 1. The painted crosswalk, shown between the new parking lot and the proposed parking lot, shall be extended to the sidewalk on the edge of the building. A handicapped tip down shall be installed where the painted crosswalk connects to the building sidewalk.
- 2 2. The eight (8) white pines and four (4) Allegheny viburnum and four (4) minuet compact weigela proposed north of the entrance drive and parking area, shall be relocated to the northerly edge of the detention basin. When construction of the detention basin has been completed, the City Arborist shall determine if additional buffering shall be required between the detention basin and the property line.
- 3 3. The trash dumpsters shall not be emptied between the hours of 10:00 p.m. and 8:00 a.m.

**Approval Conditions of DRC**

- 1 see Planning coditions

City of Portland  
Department of Planning and Development  
Planning Division  
389 Congress Street, 4<sup>th</sup> Floor  
Portland ME 04101  
(207)874-8721 or (207)874-8719  
Fax: (207)756-8258



FAX

---

To: Bob Ray

Company: Lifestyles Fitness Center

Fax #: 783-3708

Date: August 26, 2004

From: Kandi Talbot

You should receive 5 page(s) including this cover sheet.

---

Comments:

Bob,  
Here is a copy of the letters and items that need to be addressed. Our computers haven't been working, so that's been the reason you didn't get this earlier.

Thanks,  
Kandi Talbot



August 26, 2004

Mr. Mark Gray, P.E.  
JAMM Civil & Structural Engineering  
P.O. Box 98  
Poland, ME 04274

RE: Addition and Parking Lot, 55 Warren Avenue  
ID #2004-0102, CBL #292-D-006

Dear Mr. Gray:

After review of the most recent submittal for the proposed addition and parking lot located at 55 Warren Avenue, the following comments have been generated:

1. A capacity letter from the Portland Sewer Division shall be submitted to staff prior to issuance of a building permit.
2. Exterior façade building elevations shall be submitted for review and approval.
3. The proposed parking lot is located on a property owned by Robert B. and Linda M. Ray, and the property where the building is located is owned by Bentley Holdings, Inc. Parking lots are not allowed in the B-4 zone, unless it is an accessory use. Because there are two separate parcels, with different ownership, the proposed parking lot is not considered an accessory use.
4. Jim Seymour, City's Review Engineer, has reviewed the plans and offers the following comments:

Stormwater

- a. It appears that there is not sufficient cover over the storm drain from the proposed catch basin. Sebago Technics recommends that the pipe be over excavated to a depth below typical frost, and a clean backfill material placed in the bottom and then a depth of one foot of stones be set below the pipe, instead of six inches. This will assist in limiting frost heaves at the pipe location and will provide improved structural integrity of the pipe.

- b. All existing pipes out falling into the pond shall be reset such that they conform to the slope of the new pond walls. Overall, the stormwater modeling generally adheres to acceptable industry standards, and as such, meets the requirements of the ordinance.

#### Road Access/Circulation

- a. The 16 temporary parking spaces along the eastern rear have deemed to be removed. The plan needs to state that fact and show the area as loamed and seeded. This leaves the applicant with one additional space over the requirement.
- b. The parking spaces closest to the pond edge at the end of the approaching aisle in the center of the development, are not in an ideal location, however they are required. Our suggestion would be to dedicate these as employee spaces, and limit their daily turnover, and use the location as a potential snow storage location.
- c. The plan shall indicate snow storage locations. We recommend the area noted above, the area reclaimed to the east and some area north of the new parking lot. No snow per DEP design standards may be placed directly in the wetpond.
- d. The handicap space closest to the corner on the handicap-parking row shall be eliminated. This spot is not ideal so close to the corner. Furthermore, we recommend an accessible ramp on the corner for the handicapped, and parking lot pedestrians. Please also be sure that sidewalks for all lead to the intended main entrance, the plans are not clear if the sidewalks from Warren Avenue still connect to an entrance door. Elimination of one handicap space still provides enough spaces to meet ADA standards.
- e. We think though we recommended that the painted pavement crossing in the rear parking lot is not necessary, but the one in the front shall be extended to the ramp as discussed in the item above. We can assist the engineer or applicant with our preference and discuss. This can be addressed at building permit or during construction.
- f. The new internal parking island shall be bituminous curbed for protection of turning wheels. Although not required we strongly recommend that the opposite islands/points to those entrances and exits associated with the above island be curbed as well.

## Utilities

- a. The electrical services for the lights shall not be run along or in the proposed wetpond.

## Grading & Erosion Controls

- a. The applicant shall propose a maintenance plan for the wetpond care and routine maintenance as recommended by the DEP. Careful consideration shall be placed on the Spring cleaning of the pond following winter sanding, and immediately after the site is firmly established with vegetation and stabilized.
5. The City Arborist has reviewed the plans and has generated the following comments:
- a. The landscaping plan shall show the work limit/clearing line and show what is proposed to be saved to the north of the wetpond, north of the proposed parking area, and west of the proposed parking area.
  - b. The four (4) Scarlet Oak shown on the plan between the proposed parking and the sidewalk shall be changed to Red Maple to match the existing trees along the frontage of the property.
  - c. In the area north of the proposed parking area, where the plan shows loam and seed, it is recommended that three (3) White Pine, 5 –6 ft. in height, shall be installed.
  - d. North of the parking spaces at the end of the approach aisle, it is recommended that the applicant install nine (9) White Pine, 5 –6 ft. in height, staggered behind the proposed landscape.
  - e. Two (2) White Pine, 5 – 6 ft. in height, shall be installed west of the existing parking area.
  - f. The applicant shall transplant or replace the existing foundation plantings on the northerly edge of the building, to the northerly edge of the proposed addition.
  - g. A note shall be added to the landscaping plan, which states that once construction has occurred, the City Arborist shall review the area north of the wetpond, and the preservation area north and west of the proposed parking lot, to determine if additional landscaping will be necessary to buffer vehicle headlights from neighboring sites.

- h. A Tree Lilac shall be shown on the plan in the area east of the existing parking closest to Warren Avenue, near the building's corner.
- 6. A note shall be added to plan stating that emptying of the trash dumpsters shall not occur between the hours of 10:00 p.m. and 8:00 a.m.

If you have any questions, please do not hesitate to contact me at 874-8901.

Sincerely,

Kandice Talbot  
Planner

CC: Sarah Hopkins, Development Review Services Manager

Department of Planning & Development  
Lee D. Urban, Director



**CITY OF PORTLAND**

**Division Directors**  
Mark B. Adelson  
Housing & Neighborhood Services

Alexander Q. Jaegerman, AICP  
Planning

John N. Lufkin  
Economic Development

August 26, 2004

Mr. Mark Gray, P.E.  
JAMM Civil & Structural Engineering  
P.O. Box 98  
Poland, ME 04274

RE: Addition and Parking Lot, 55 Warren Avenue  
ID #2004-0102, CBL #292-D-006

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- h. A Tree Lilac shall be shown on the plan in the area east of the existing parking closest to Warren Avenue, near the building's corner.
- 6. A note shall be added to plan stating that emptying of the trash dumpsters shall not occur between the hours of 10:00 p.m. and 8:00 a.m.

If you have any questions, please do not hesitate to contact me at 874-8901.

Sincerely,

A handwritten signature in black ink that reads "Kandice Talbot". The signature is written in a cursive, flowing style.

Kandice Talbot  
Planner

CC: Sarah Hopkins, Development Review Services Manager



**JAMM**

Civil &amp; Structural Engineering

Mark Gray, P.E.

July 21, 2004

Kandice Talbot  
City of Portland  
389 Congress Street  
Portland, ME 04101

Subject: **Building and Parking Expansion  
Lifestyle Fitness Center  
55 Warren Avenue, Portland, Maine**

Dear Ms. Talbot:

We are in receipt of your letter to Mark Gray of July 2, 2004, received in this office on July 8, 2004, and Jim Seymour's memo to Kandi Talbot of July 5, 2004, received by fax in this office on July 12, 2004. The following are responses to the comments contained in those documents, item-by-item. Supporting documentation is attached to this letter.

Kandice Talbot letter to Mark Gray 7-2-04:

1. See attached plans, submitted in 22" x 34" format.
2. See attached stamped boundary survey, prepared by BH2M Engineers, this copy signed and stamped by Robert C. Libby, Jr., PSL #2190
3. Building elevations showing height of walls and materials of construction are shown on attached Murox plan sheet, project E01641 Elevations plan & details, sheet 3 of 4.
4. Capacity letters from the Portland Water District and the Portland Sewer Division have been arranged for by Robert Ray and will be submitted under separate cover.
5. We understand that the traffic engineer is currently reviewing the plan and traffic assessment. As of the date of this letter, we have received no comments from your office and assume that this element of your review has generated no comments.
6. We are in receipt of the Development Review Coordinator's (Jim Seymour of Sebago Technics) comments. See responses below.
7. We understand that the City Arborist is currently reviewing the plan. As of the date of this letter, we have received no comments from your office and assume that this element of your review has generated no comments.
8. The four proposed lighting standards for the new parking area are 20' high and each have 250 watt metal halide lamps with cut-off fixtures. See attached sheet C1.
9. A letter of financial capability has been forwarded to you under separate cover by Robert Ray.

Jim Seymour's memo to Kandi Talbot of July 5, 2004:

- 1a. The stormwater calculations have been modified. Since this site plan is a modification of a previously approved site plan, we have modified the existing detention basin and used the pre-development condition existing at the time of the original development as baseline conditions. See the attached pre-development stormwater plan, modified to include a larger tributary area. As suggested, we have adjusted curve numbers for the gravel parking and the wetland soils for our analysis.
- 1b. We have calculated times of concentration and shown them on the plans.
- 1c. We have raised the grade of the new parking area by one foot, and increased the size of the catch basin lead from 15" to 18". We have modeled this catch basin as a pond to see the effect of tailwater conditions on this pipe due to surcharged flow conditions. With this change, the 25 year storm does not back up into the parking lot. Refer to the HydroCAD report for the 25 year storm. We are confident that this class V concrete pipe will maintain its structural integrity and pass flows (even infrequent winter flows) without plugging with frozen water.
- 1d. The new roof from the building addition will drain to the existing 8" drain lead. This lead is modeled in the HydroCAD report and has adequate capacity.
- 1e. The wet pond detention basin has a TSS removal capacity of 52%. With the proposed development, the total lot impervious ratio is 40%. The sliding scale requires 53% removal of TSS. The proposed pond has a removal capacity of very slightly less (52% versus 53%) and we would suggest that due to the position of this project at the upper end of the Capisic Brook watershed, that the City would deem this level of stormwater treatment adequate.
- 1f. With the 25 year storm routed through the spillway, the velocity of flow over the spillway is less than 2 fps. The North American Green P300 permanent turf reinforcement is rated for 9 fps velocity over bare soil and 16 fps when vegetated. The spillway should be adequately protected. The outlet protection rip rap areas all have less than 3 cfs for the 25 year design storm. The 15" thick D50=6" rip rap specified underlain with Mirafi 140N fabric, with a length of 8' is more than adequate. See supporting cut sheets and calculations.
- 2a. Larger scale drawings are attached to this letter.
- 2b. Finish floor elevation of the proposed addition is 106.92 and is shown on the site plan.
- 2c. A large scale detail of the primary new entrance has been shown along with spot grades on the site plan for the existing double-doors at the existing north east building corner and the proposed emergency exit from the west side of the new addition.
- 2d. The pond below the permanent pool elevation will be lined with 4' of coarse crushed stone so that in the event the pond is not easy to construct in the dry, the stone can be placed underwater. A cross section of the pond has been provided.
- 2e. A silt-sac detail has been provided.
- 2f. Wetland lines have been labeled along with a notation regarding the authorship of the flagging.
- 3a. Existing utility services have been shown on the site plan, based on information from the previously approved site plan.
- 3b. Fire sprinkler building systems, if required, will be design-build and will be addressed during the application for building permits.

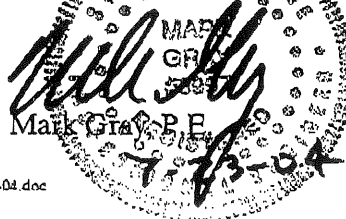
- 4a. The minimum aisle width from the curb adjacent to the new building expansion and the existing curb next to the detention basin is 24' and this dimension is shown on the site plan.
- 4b. Berm style bituminous curb has been provided on three sides of the new parking lot and along the parking area adjacent to the re-shaped existing detention basin.
- 4c. A guard rail has been provided next to the detention basin/wet pond.
- 4d. Painted walkways have been provided to help drivers and pedestrians allow for one another in the use of the existing and proposed portions of the facility, as discussed on the phone.
- 4e. Parking provided and required is shown on the plan notes. Maximizing parking was a primary objective of this project as demand for parking has been and continues to be high. If parking spaces are not provided, parking in undesignated areas results.
- 4f. The gravel area on the east side of the north parking lot will remain unpaved.
- 5a. Construction details requested have been provided.
- 5b. Drawing notations have been provided.

Appended to this letter are the following

1. Stamped and signed boundary survey.
2. Copy of Kandice Talbot memo.
3. Copy of Jim Seymour memo.
4. Photo of existing shed and dumpster enclosure to be relocated.
5. Murox plan showing building elevations and construction materials.
6. Impervious calculation sheet
7. Routing of 25 year storm through spillway and velocity spillway velocity calculation.
8. Outlet protection BMP rip-rap sizing chart.
9. Revised Stormwater Narrative
10. Copy of original site plan pre-development drainage plan showing topography (B size is all that is available)
11. Revised HydroCAD reports.
12. Revised sheets C1, C2, STM1 and STM 2 in D size format.

Please contact me if you need further information.

Sincerely,  
JAMM Civil & Structural Engineering



cc. File

C:\11\MAIK\2004\Projects\2004005\Minor Site Plan Comment Response Letter 7-21-04.doc



04P086

**TO: Kandi Talbot – Planner**  
**FROM: Jim Seymour – Development Review Coordinator, Sebago Technics, Inc.**  
**RE: Site Plan Review: 55 Warren Avenue, Lifestyle Fitness Center**  
**DATE: July 5, 2004**

---

Sebago Technics has reviewed the Site Plan application and supporting documentation for the proposed expansion to Lifestyle Fitness Center located at 55 Warren Avenue for Bentley Holdings. We respectfully offer only the following comments:

**1. Stormwater Management**

- A.** The stormwater calculations do not adequately model the existing conditions. there currently is an existing detention pond and outlet control structure that is not modeled in the engineer's calculations or noted in his report. The existing condition shall model the previously approved conditions and model the current pond to provide an accurate peak discharge rate for the site runoff. Furthermore the soils noted as Scantic or wetlands shall use Hyrologic Group D rating instead of C, and additional gravel parking spaces along the eastern parking lot shall be modeled as impervious surface instead of lawn.
- B.** All Tc lengths in both pre and post conditions shall be calculated and not assumed.
- C.** The applicant has proposed one new basin in the western parking lot, which appears to have very little cover. The top of the pipe is proposed approximately at elevation 101.0 and the rim grade is proposed at 102.2. Furthermore the 25-year flood elevation is 101.2, which means that the pipe is full and not free flowing. Does the calculation adequately model the backwater effect in the results and will it be able to pass the collected flows without flooding the parking lot? Will this basin perform well in freezing conditions given the shallow depth and slight pitch on the drain?
- D.** How will the new addition roof drain? Where will it discharge?
- E.** The proposed basin shall be constructed with an additional sump and casco trap.
- F.** This watershed is in the upper reaches of the Capisic Brook Watershed and the maximum effort shall be considered with stormwater treatment. Therefore the

applicant shall demonstrate what would be typically required by the DEP "Sliding Scale Method" in comparison to what they have proposed.

- G. Please provide calculations for the spillway and all apron riprap outlets to assure the adequately provide protection from erosion.

**2. Grading and Erosion Control**

- A. Due to the plans being submitted in reduced size, it is difficult to measure and read the plans accurately. The applicant shall provide full-scaled drawings in a format to view grading and scale markings on the drawing.
- B. What is the proposed finish floor elevation of the addition?
- C. All entrances with spot elevations shall be provided at all entrances and ramps.
- D. How will the pond be constructed when the bottom is well into the groundwater table? Will the construction require dewatering plans? How will the Pond be shaped/side sloped? No details of the pond construction have been provided and no cross section showing typical stage elevations have been given as well.
- E. A silt-sac detail is needed for the proposed catch basin during construction.
- F. The limit of wetlands shall be shown on the site plan along with a note of the date and by whom the delineation was completed or performed by.

**3. Utilities**

- A. The plan intends to utilize existing utility services. Existing service locations shall be shown along with providing Planning with a capacity letter from the Sewer Division for the new anticipated development flow.
- B. Given the relatively minor increase in domestic use we see no need for a letter from the water district for available water. However, all fire code related issues shall be forwarded to the Fire department regarding fire prevention code requirements.

**4. Access and Circulation**

- A. What is the minimum aisle width from the building to the island adjacent pond?
- B. The new lot must have wheel stops or curbing at the parking spaces edge.
- C. Given the proposed location, depth, and slope of the pond, the paved areas adjacent to the pond shall be protected with guardrail or protective fencing/barrier.
- D. We recommend a pedestrian delineated sidewalk to the building entrance along the Eastern parking lot, and consideration be given to a location to direct pedestrians across the main entrance driveway to the western lot.
- E. What is the requirement for parking? Is it necessary to keep the 7 spaces adjacent to the pond next the end of the main driveway? It appears this will not be a good location for customer parking and vehicular movements.
- F. Will the new 18 parking spaces proclaimed on the eastern lot be paved or remain gravel?

## 5. Construction Details and Notes

### A. The following details are required with the site plan submission.

- City required bituminous sidewalk
- Parking lot cross section of materials
- Pipe section details
- Bituminous curbing detail
- Pond cross section detail
- Riprap outlet apron detail
- Guardrail detail
- Dumpster enclosure detail
- Handicap markings and signage detail
- Building elevation views/details
- Erosion control mesh detail
- Casco Trap detail

### B. The following note requirements are required.

- Area summary
- Zoning information/ setbacks delineated on site plan
- Building footprint areas (new and existing)
- Parking requirements (required vs. proposed)
- Record owner
- Wetland delineation (when? whom?)
- Standard site plan notes
- ROW permitting notes for Public Works
- Dig safe notice
- Limits of construction disturbance lines on site and in ROW
- Reference to use of Best Management Practices.

### Summary:

The proposed development appears to be acceptable. Several specific details, notes will be required prior to final approval of the project and we will need assurances that the drainage will function appropriately during all seasons, is modeled correctly as mentioned above, and is treated to the highest possible level given it is a distant tributary to the Capisic Brook watershed.

Please contact our office if you have any questions.

JRS/jrs:



04P102

**TO: Kandi Talbot – Planner**  
**FROM: Jim Seymour – Development Review Coordinator, Sebago Technics, Inc.**  
**RE: Minor Site Plan Review: Lifestyles Fitness Center – 55 Warren Ave**  
**DATE: August 18, 2004**

---

Sebago Technics has reviewed the revised Minor Site Plan application and supporting documentation for the proposed 4000 square-foot addition to be located at 55 Warren Avenue in the City of Portland. We respectfully offer the following comments in outline format:

**1. Stormwater Management**

- A. It appears that there is not sufficient cover over the storm drain from the proposed catch basin. We recommend that the trench for that pipe be over excavated to a depth below typical frost, and a clean backfill material placed in the bottom and then a depth of one foot of stone be set below the pipe, instead of six inches. This will assist in limiting frost heaves at the pipe location and will provide improved structural integrity of the pipe.
- B. All existing pipes out falling into the pond shall be reset such that they conform to the slope of the new pond walls. Overall, the stormwater modeling generally adheres to acceptable industry standards, and as such, meets the requirements of the ordinance.

**2. Road Access/Circulation**

- A. The 16 temporary parking spaces along the eastern rear have deemed to be removed. The plan needs to state that fact and show the area as loamed and seeded. This leaves the applicant with one additional space over the requirement.
- B. The parking spaces closest to the pond edge at the end of the approaching aisle in the center of the development, are not in an ideal location, however they are required. Our suggestion would be to dedicate these as employee spaces, and

limit their daily turnover, and use the location as a potential snow storage location.

- C. The Plan shall indicate snow storage locations. We recommend the area noted above, the area reclaimed to the east, and some area north of the new parking lot. No snow per DEP design standards may be placed directly in the wetpond.
- D. The Handicap space closest to the corner on the handicap-parking row shall be eliminated. This spot is not ideal so close to the corner. Furthermore we recommend an accessible ramp on the corner for the handicapped, and parking lot pedestrians. Please also be sure that sidewalks for all lead to the intended Main Entrance, the plans are not clear if the sidewalks from Warren Ave still connect to an entrance door. Elimination of one handicap space still provides enough spaces to meet ADA standards.
- E. We think though we recommended that the painted pavement crossing in the rear parking lot is not necessary, but the one in the front shall be extended to the ramp as discussed in the item above. We can assist the engineer or applicant with our preference and discuss. This can be addressed at building permit or during construction.
- F. The new internal parking island shall be bituminous curbed for protection of turning wheels. Although not required we strongly recommend that the opposite island/points to those entrances and exits associated with the above island be curbed as well.

3. **Utilities**

- A. The electrical services for the lights shall not be run along or in the proposed wetpond.

4. **Grading & Erosion Controls**

- A. The applicant shall propose a maintenance plan for the wetpond care and routine maintenance as recommended by the DEP. Careful consideration shall be placed on the Spring cleaning of the pond following winter sanding, and immediately after the site is firmly established with vegetation and stabilized.

5. **Landscaping**

- A. The plans reflect no landscaping and we assume that the City Arborist and planner have contacted you on this issue. The site had previously had a buffer along the rear pond edge. This will be removed with construction of the new pond and needs to be addressed the same way as the previous plan had to shield lights from the parking area. Furthermore the islands shall have trees or some landscaping, street frontage be planted with approved City trees and the building foundation should have some plantings as well.

Overall, the development appears to be approvable with several conditions, assuming that the design is revised in accordance with the minor comments noted above. We understand the applicants dilemma but can't approve totally until we have the above responses. Conditional



Lifestyles Fitness Center  
55 Warren Avenue

August 18, 2004

approval could let them locate the building partitions on site and move ahead once appropriate bonding is in place. Several of these items can and should be addressed quickly as they are not substantial. Please contact our office if you have any questions.

JRS/jrs



STATE OF MAINE  
DEPARTMENT OF ENVIRONMENTAL PROTECTION

JOHN ELIAS BALDACCI  
GOVERNOR

DAWN R. GALLAGHER  
COMMISSIONER

Dear Permit Holder:

Please find enclosed your land use permit. The permit is presented in a format that includes findings of fact relevant to the criteria of the law under which the permit is issued, conclusions based on those facts and conditions of approval. Please carefully read your permit, especially the **conditions of approval**. If an error has occurred, please let us know and a corrected Order will be issued.

Appeal procedures have been enclosed for your information. Project modification, condition compliance, and transfer applications are available upon request. Please call the nearest regional office to obtain those applications.

If we can be of additional service to you, let us know. Please write or call if you need more information.

Sincerely,

A handwritten signature in cursive script that reads 'Jeffrey Madore'.

JEFFREY G. MADORE, Director  
Division of Land Resource Regulation  
Bureau of Land & Water Quality

APPPACKE

AUGUSTA  
17 STATE HOUSE STATION  
AUGUSTA, MAINE 04333-0017  
(207) 287-7688  
RAY BLDG., HOSPITAL ST.

BANGOR  
106 HOGAN ROAD  
BANGOR, MAINE 04401  
(207) 941-4570 FAX: (207) 941-4584

PORTLAND  
312 CANCO ROAD  
PORTLAND, MAINE 04103  
(207) 822-6300 FAX: (207) 822-6303

PRESQUE ISLE  
1235 CENTRAL DRIVE, SKYWAY PARK  
PRESQUE ISLE, MAINE 04769-2094  
(207) 764-0477 FAX: (207) 764-1507



STATE OF MAINE  
 17 State House Station  
 Augusta, ME 04333

IN THE MATTER OF

ROBERT RAY  
 Portland, Cumberland County  
 LIFESTYLE FITNESS CENTER  
 L-21882-TB-A-N (approval)

) NATURAL RESOURCE PROTECTION ACT  
 ) FRESHWATER WETLAND ALTERATION  
 ) WATER QUALITY CERTIFICATION  
 ) FINDINGS OF FACT AND ORDER

Project Description: The applicant proposes to alter 5,885 square feet of freshwater wetland to expand the existing parking area and water quality pond. The wetlands are characterized as forested and scrub/shrub, which was confirmed by a Department staff visit on June 3, 2004. The applicant demonstrated that the proposed wetland alteration is the minimum amount necessary to complete the expansion of the existing facility. The proposed project is shown on a plan entitled "Lifestyle Fitness Center Expansion – Wetland Impact Plan," prepared by Jones Associates, Inc. and dated May 25, 2004. The proposed project is located on Warren Avenue in the City of Portland.

<b>Permit for:</b>	<input checked="" type="checkbox"/> Tier 1	<input type="checkbox"/> Tier 2
<b>DEP Decision:</b>	<input checked="" type="checkbox"/> Approved	<input type="checkbox"/> Denied (see attached letter)
<b>CORPS Action:</b>	<input checked="" type="checkbox"/> The Corps has been notified of your application. The following are subject to Federal screening: (1) projects with previously authorized or unauthorized work, in combination with a Tier 1 permit for a single and complete project, which total more than 15,000 square feet of altered area; (2) projects with multiple state permits and/or state exemptions which apply to a single and complete project that total more than 15,000 square feet of altered area; and (3) projects that may impact a vernal pool, as determined by the State of Maine or the Corps. If your activity is listed above, <i>Corps approval is required for your project.</i> For information regarding the status of your application contact the Corps' Maine Project Office at 623-8367.	

Standard Conditions:

- 1) If construction or operation of the activity is not begun within two (2) years from the date signed, this permit shall lapse and the applicant shall reapply to the Department for a new permit. This permit is transferable only with prior approval from the Department. If the activity is associated with a larger project, starting any aspect of that project constitutes start of construction.
- 2) The project shall be completed according to the plans in the application. Any change in the project plans must be reviewed and approved by the Department.
- 3) Properly installed erosion control measures shall be installed prior to beginning the project, and all disturbed soil should be stabilized immediately upon project completion.
- 4) A copy of this approval will be sent to the City of Portland. Department approval of your activity does not supersede or substitute the need for any necessary local approvals.

Please note the attached sheet for guidance on appeal procedures.

THIS APPROVAL DOES NOT CONSTITUTE OR SUBSTITUTE FOR ANY OTHER REQUIRED STATE, FEDERAL OR LOCAL APPROVALS NOR DOES IT VERIFY COMPLIANCE WITH ANY APPLICABLE SHORELAND ZONING ORDINANCES.

  
 \_\_\_\_\_  
 DAWN R. GALLAGHER, COMMISSIONER

6/30/04  
 \_\_\_\_\_  
 DATE

F I L E D

JUL - 1 2004

BOARD OF ENVIRONMENTAL PROT.  
STATE OF MAINE

Date of initial application June 1, 2004  
 Date application accepted for processing June 10, 2004  
 Date filed with Board of Environmental Protection  
 MR/T# L21882AN

# JONES ASSOCIATES

Foresters And Environmental Consultants



## MDEP TIER 1 NRPA APPLICATION

Lifestyle Fitness Center Expansion  
55 Warren Avenue  
Portland, Maine

Applicant:

Robert Ray  
Lifestyle Fitness Center  
30 Cuba Road  
Manchester, ME 05351

Submitted to:

Maine Department of Environmental Protection  
17 State House Station  
Augusta, ME 04333

Prepared for:

JAMM Civil and Structural Engineering  
155 Loon Point Lane  
Poland Spring, ME 04274

Prepared by:

Jones Associates, Inc.  
63 Tucker Lane  
Poland Spring, Maine 04274

May 2004

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## APPLICATION FOR A NATURAL RESOURCES PROTECTION ACT PERMIT

→ PLEASE TYPE OR PRINT IN **BLACK INK ONLY**

→ SEE DETACHABLE INSTRUCTIONS

1. Name of Applicant:	Robert Ray Lifestyle Fitness Center	4. Name of Agent: (if applicable)	Jones Associates Inc Rick Jones	
2. Applicant's Mailing Address:	30 Cuba Road Manchester, ME 04351	5. Agent's Mailing Address:	63 Tucker Lane Poland Spring, ME 04274	
3. Applicant's Daytime Phone #:	207-786-4790	6. Agent's Daytime Phone #:	207-998-5242	
7. Location of Project: (Nearest Road, Street, Rt.#)	55 Warren Ave	8. Town:	Portland	9. County: Cumberland
10. Type of Resource: (Check all that apply)	<input type="checkbox"/> River, stream or brook <input type="checkbox"/> Great Pond <input type="checkbox"/> Coastal Wetland <input checked="" type="checkbox"/> Freshwater Wetland <input type="checkbox"/> Wetland Special Significance <input type="checkbox"/> Significant Wildlife Habitat <input type="checkbox"/> Fragile Mountain	11. Name of Resource:	Unnamed	
		12. Amount of Impact (Sq.Ft.):	Fill: 5885 SF Dredging/Veg Removal/Other:	
13. Type of Wetland: (Check all that apply)	<input checked="" type="checkbox"/> Forested <input type="checkbox"/> Scrub Shrub <input type="checkbox"/> Emergent <input type="checkbox"/> Wet Meadow <input type="checkbox"/> Peatland <input type="checkbox"/> Open Water <input type="checkbox"/> Other _____	FOR FRESHWATER WETLANDS/ Tier 1	NOT OF SPECIAL SIGNIFICANCE ONLY: Tier 2/3	
		<input type="checkbox"/> 0 - 4,999 sq. ft. <input checked="" type="checkbox"/> 5,000 - 9,999 sq. ft. <input type="checkbox"/> 10,000 - 14,999 sq. ft.	<input type="checkbox"/> 15,000 - 19,999 sq. ft. <input type="checkbox"/> 20,000 - 43,560 sq. ft. <input type="checkbox"/> > 43,560 sq. ft.	
14. Brief Project Description:	Expansion of existing structure with a 30' x 130' building addition including associated parking expansion and infrastructure. (See attached)			
15. Size of Lot or Parcel:	<input type="checkbox"/> square feet, or <input checked="" type="checkbox"/> 4.5+/- acres			
16. Title, Right or Interest:	<input checked="" type="checkbox"/> own <input type="checkbox"/> lease <input type="checkbox"/> purchase option <input type="checkbox"/> written agreement			
17. Deed Reference Numbers:	Book#: _____ Page: _____	18. Map and Lot Numbers:	Map #: 292 Block D	Lot #: 006-001 014-001
19. DEP Staff Previously Contacted:		20. Part of a larger project:	<input type="checkbox"/> Yes <input type="checkbox"/> No	After-the-Fact: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
21. Resubmission of Application?	<input type="checkbox"/> Yes → <input checked="" type="checkbox"/> No	If yes, previous application #	Previous project manager:	
22. Written Notice of Violation?	<input type="checkbox"/> Yes → <input checked="" type="checkbox"/> No	If yes, name of DEP enforcement staff involved:	23. Previous Wetland Alteration:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
24. Detailed Directions to the Project Site:	600 feet west of Morrill's Corner on Warren Avenue in Portland.			
25. TIER 1		TIER 2/3 AND INDIVIDUAL PERMITS		
<input checked="" type="checkbox"/> Fee <input checked="" type="checkbox"/> Topographic Map <input checked="" type="checkbox"/> Plan or Drawing (8 1/2" x 11") <input checked="" type="checkbox"/> Photos of Area <input checked="" type="checkbox"/> Statement of Avoidance & Minimization <input checked="" type="checkbox"/> Statement/Copy of cover letter to Maine Historic Preservation Commission		<input type="checkbox"/> Fee <input type="checkbox"/> Topographic Map <input type="checkbox"/> Photos of Area <input type="checkbox"/> Plan or Drawing (8 1/2" x 11") <input type="checkbox"/> Copy of Public Notice <input type="checkbox"/> Professional Certification/Delineation <input type="checkbox"/> Erosion Control Plan <input type="checkbox"/> Alternatives Analysis, if required <input type="checkbox"/> Description of Avoidance/Minimization <input type="checkbox"/> Compensation Plan (if required) <input type="checkbox"/> Description of Previously Mined Peatland (if required) <input type="checkbox"/> Statement/Copy of cover letter to Maine Historic Preservation Commission <input type="checkbox"/> Construction Plan, if required		
26. FEES, Amount Enclosed:	\$75.00			

**SIGNATURE PAGE**

By signing below the applicant (or authorized agent), certifies that he or she has:

- Completed all of the public notice requirements listed on the next page of this application.
- Read and understood the following:

**PRIVACY ACT STATEMENT**

Authority: 33 USC 401, Section 10; 1413, Section 404. Principal Purpose: These laws require permits authorizing activities in, or affecting navigable waters of the United States, the discharge of dredged or fill material into waters of the United States, and the transportation of dredged material for the purpose of dumping it into ocean waters. Routine Uses: Information provided on this form will be used in evaluating the application for a permit. Disclosure: Disclosure of requested information is voluntary. If information is not provided, however, the permit application can not be processed nor can a permit be issued.

**CORPS SIGNATORY REQUIREMENT**

USC Section 1001 provides that: Whoever, in any manner within the jurisdiction of any department or agency of the United States knowingly and willfully falsifies, conceals, or covers up any trick, scheme, or disguises a material fact or makes any false, fictitious or fraudulent statements or representations or makes or uses any false writing or document knowing same to contain any false, fictitious or fraudulent statements or entry shall be fined not more than \$10,000 or imprisoned not more than five years or both.

**DEP SIGNATORY REQUIREMENT**

"I certify under penalty of law that I have personally examined the information submitted in this document and all attachments thereto and that, based on my inquiry of those individuals immediately responsible for obtaining the information, I believe the information is true, accurate, and complete. I authorize the Department to enter the property that is the subject of this application, at reasonable hours, including buildings, structures or conveyances on the property, to determine the accuracy of any information provided herein. I am aware that there are significant penalties for submitting false information, including the possibility of fine and imprisonment."

"I hereby authorize the person named below to act in my behalf as my agent in the processing of this application and to furnish, upon request, supplemental information in support of this permit application."

Robert Ray  
SIGNATURE OF APPLICANT

5/28/04  
DATE

"Application is hereby made for a permit or permits to authorize the work described in this application. I certify that the information in the application is complete and accurate. I further certify that I possess the authority to undertake the work described herein or am acting as the duly authorized agent of the applicant."

Michael D. Jones  
SIGNATURE OF AGENT

5/27/04  
DATE

**NOTE: Any changes in project plans must be submitted to the DEP and the Corps in writing and must be approved by both agencies prior to implementation. Failure to do so may result in enforcement action and/or the removal of the project changes.**

## **BLOCK 14: PROJECT DESCRIPTION**

This project involves expansion of the existing Lifestyle Fitness Center located off Warren Avenue in Portland with a 30'x130' building addition including associated parking and infrastructure. Expansion is needed to meet the demands for the current and future clientele. Wetland impacts are associated with the expansion of the wet pond to accommodate required stormwater measures and expansion of parking with a net increase of 22 spaces to comply with local requirements.

This site was originally developed in 1994. A U.S. Army Corps of Engineers (USACE) Nationwide 26 Permit for fill of approximately .35 acres of forested and scrub/shrub wetlands were acquired (Permit number 1994-02616). No record was found for a permit under the Maine Department of Environmental Protection (MDEP) wetland regulations since they were not required at that time.

This permit application is for 5885 square feet of fill proposed to expand the parking area and stormwater pond. As shown on the attached plan, impact area A is for 2175 square feet of wetland fill to provide the required additional parking area. Impact area B is for wetland impacts associated with the expansion of the existing stormwater pond for 3197 square feet and 613 square feet of impacts for the outfall. Since the original fill existed prior to the 1995 MDEP Natural Resources Protection Act, the previous fill is not cumulative to what is proposed fill.

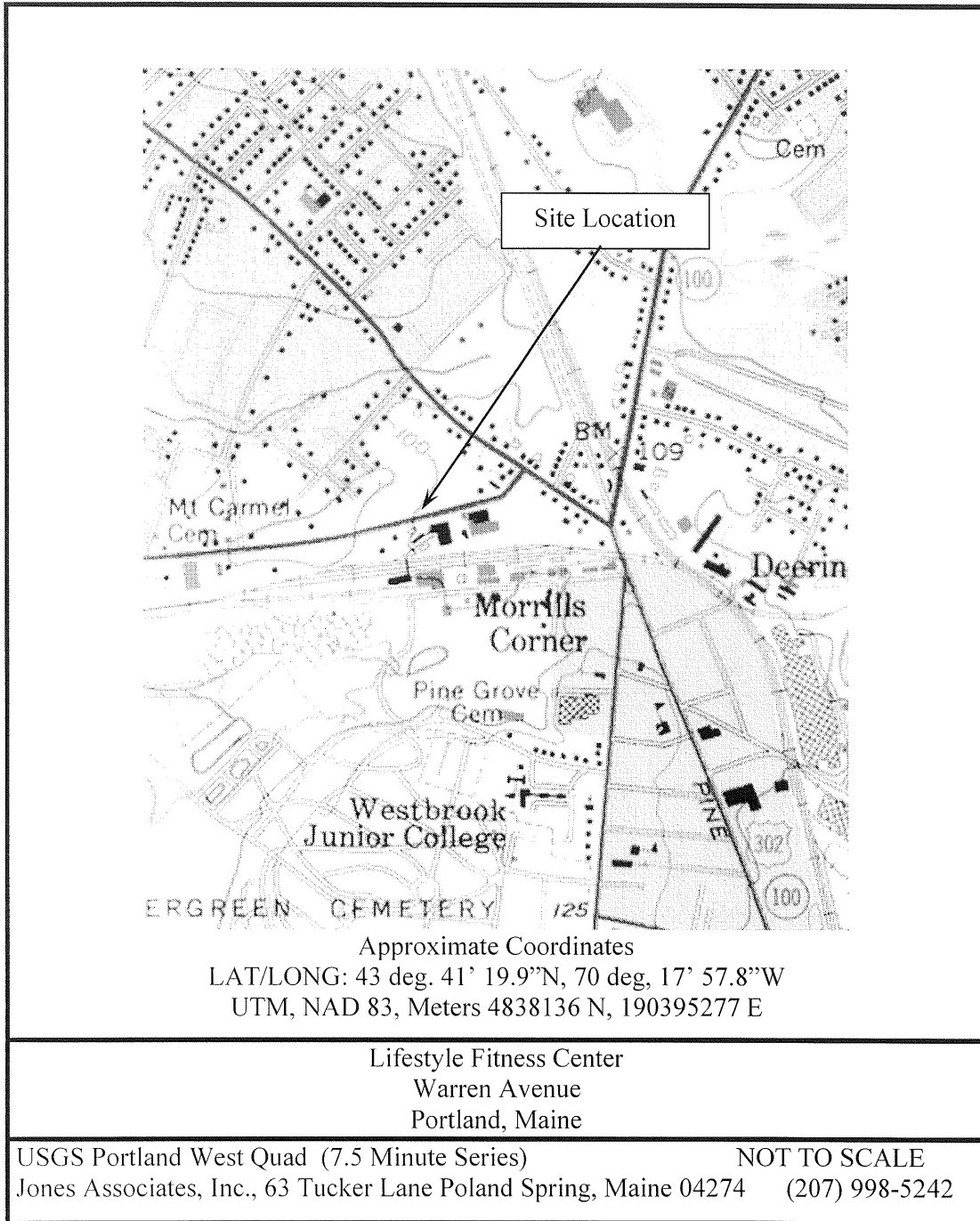
Onsite wetlands are forested (PFO) and scrub/shrub (PSS) wetlands. They are dominated by overstory species of red maple (*Acer rubrum*), green ash (*Fraxinus pennsylvanica*), and gray birch (*Betula populifolia*). Shrub species include arrowwood (*Viburnum recognitum*), winterberry (*Ilex verticillata*), and meadowsweet (*Spiraea latifolia*). The understory contains sensitive fern (*Onoclea sensibilis*) along with some grasses and sedges. This wetland would not be considered a wetland of special significance by MDEP.

## **STATEMENT OF AVOIDANCE AND MINIMIZATION**

Wetland impacts have been minimized as much as is practicable for this project. Additional parking areas and wet pond expansion have been designed in upland areas wherever possible. Only the fringes of the existing wetland are proposed to be impacted. These impacts have been minimized to 5885 square feet.



## LOCATION MAP



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## **PHOTOGRAPHS**

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1.) Proposed impact area A



2.) Proposed impact area A

Lifestyle Fitness Center  
Warren Avenue  
Portland, Maine

PHOTOGRAPHS OF PROPOSED WETLAND IMPACTS

*Photographer: Mark Gray*

*Date: 2/25/04*



3.) Proposed impact area B



4.) Proposed impact area B

Lifestyle Fitness Center  
Warren Avenue  
Portland, Maine

PHOTOGRAPHS OF PROPOSED WETLAND IMPACTS

*Photographer: Mark Gray*

*Date: 2/25/04*

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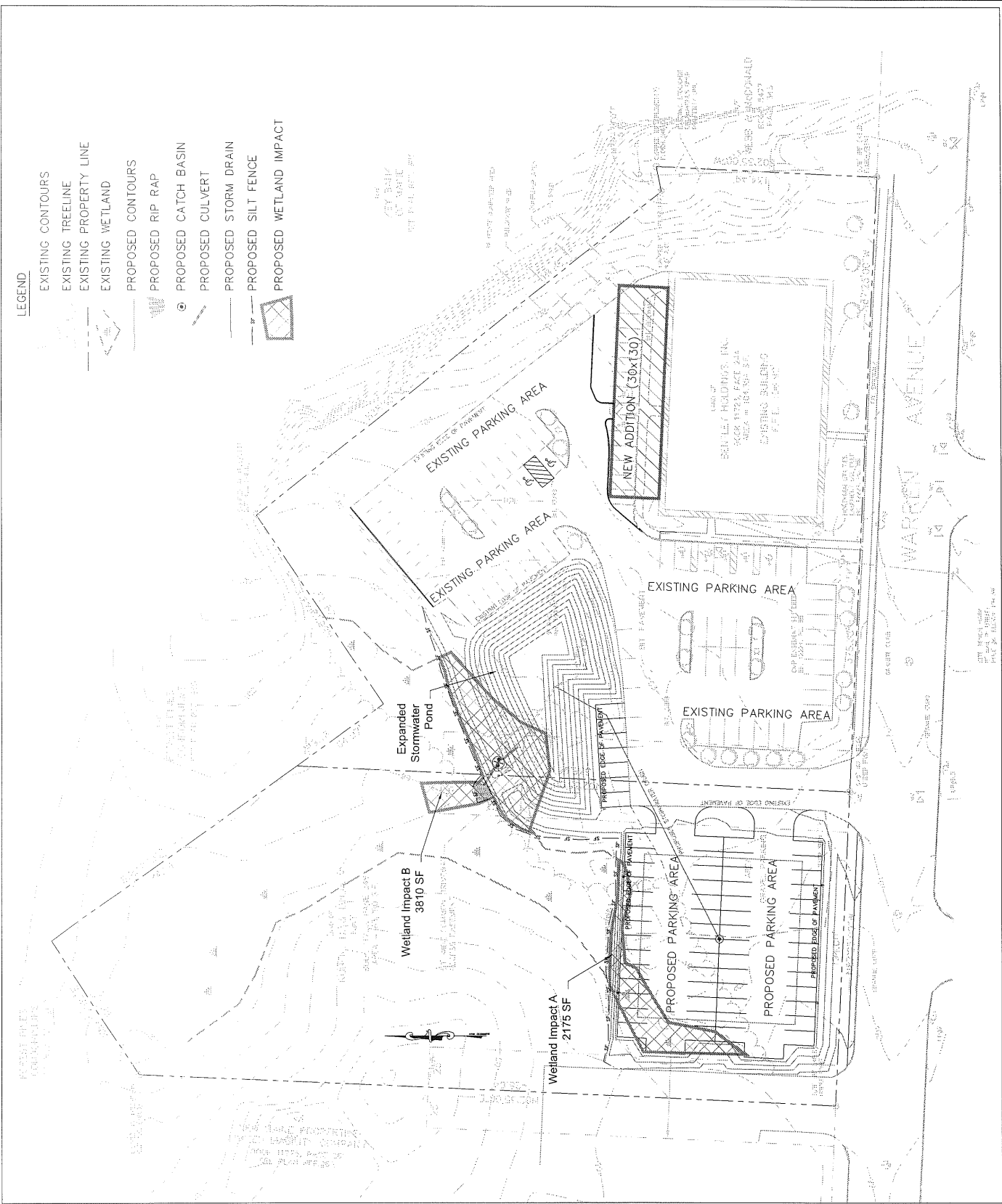
## PLAN DRAWINGS

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Wetland Impact Plans

WI-1 – Wetland Impact Plan (Scale 1"=80')

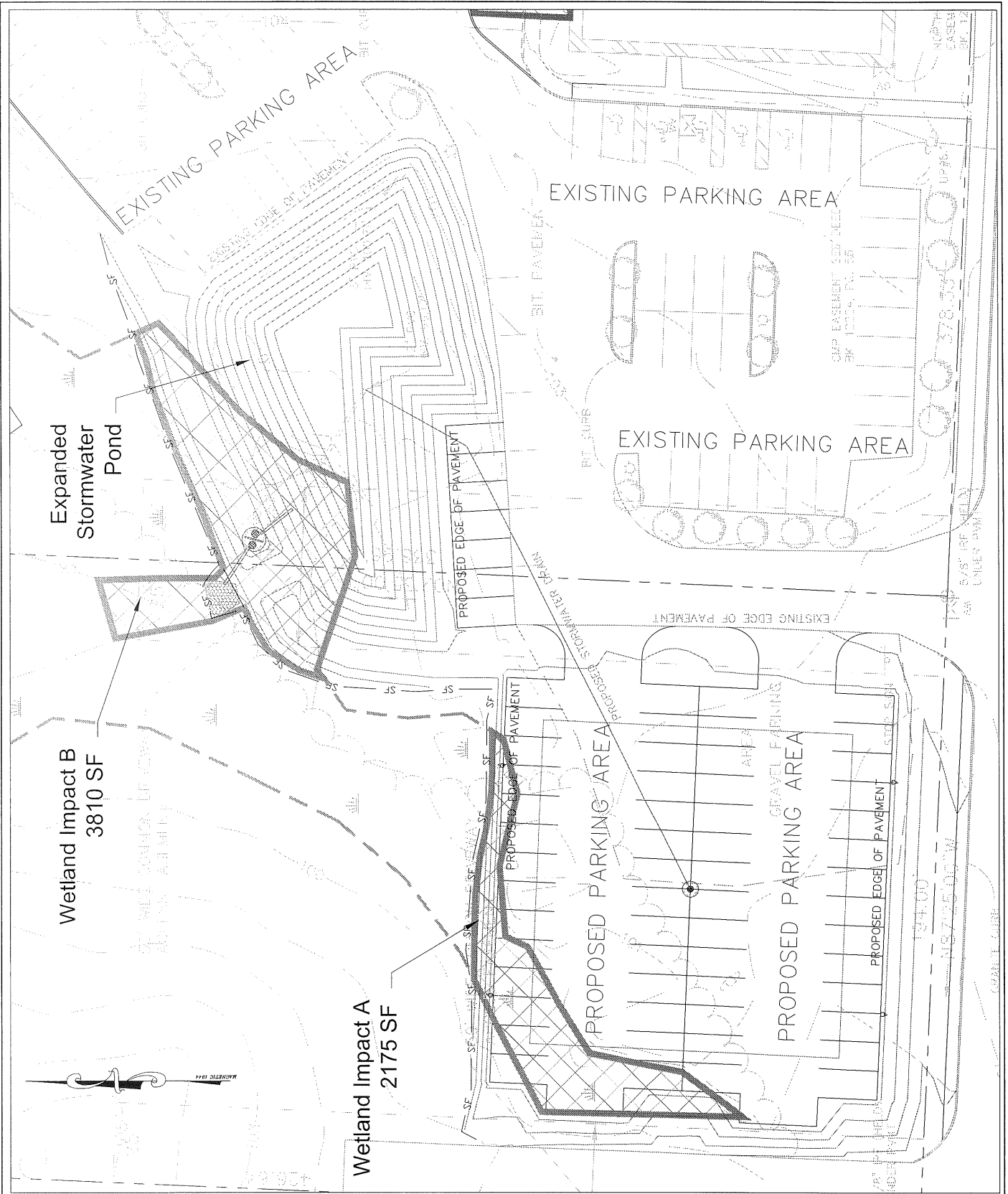
WI-2 – Wetland Impact Plan (Scale 1"=40')




**LEGEND**

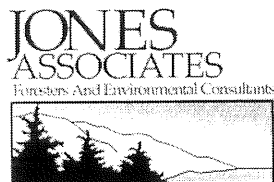
- EXISTING CONTOURS
- EXISTING TREELINE
- EXISTING PROPERTY LINE
- EXISTING WETLAND
- PROPOSED CONTOURS
- PROPOSED RIP RAP
- PROPOSED CATCH BASIN
- PROPOSED CULVERT
- PROPOSED STORM DRAIN
- PROPOSED SILT FENCE
- PROPOSED WETLAND IMPACT

0619 DW 7006 <b>WI-1</b>		PROJECT: Lifestyle Fitness Center Expansion	SHEET TITLE: Wetland Impact Plan	NOTES: This plan based on Minor Site Plan progress drawing prepared by JAMM, Inc. for Bentley Holdings Inc Body Exclusive Fitness Center, Portland.	
		ADDRESS: Warren Avenue Portland, Maine	SCALE: 1" = 80' DATE: May 25, 2004		NO. _____ REVISIONS _____ DATE _____



Ode 1.9 (M 1006) <b>WI-2</b>	<b>JONES ASSOCIATES INC.</b> <small>Planners And Land Use Consultants</small>  <small>65 YUCKER LANE, FULDA, VERMONT, MAINE 04754 (802) 898-6242</small>	PROJECT: Lifestyle Fitness Center Expansion	SHEET TITLE: Wetland Impact Plan	NOTES: This plan based on Minor Site Plan progress drawing prepared by JAMM, Inc. For Bentley Holdings Inc Body Exclusive Fitness Center, Portland.
		ADDRESS: Warren Avenue Portland, Maine	SCALE: 1" = 40' DATE: May 25, 2004	

MHPC LETTER



May 27, 2004

Dr. Earle G. Shettleworth, Jr.  
Maine Historic Preservation Commission  
65 State House Station  
Augusta, ME 04333-0065

RE: Lifestyle Fitness Center, Warren Avenue, Portland, Maine

Dear Dr. Shettleworth:

Jones Associates Inc is notifying your department as required under the Maine Department of Environmental Protection's (MDEP) application requirements for Natural Resources Protection under 38 M.R.S.A. Section 480-A to 480-Z.

Based on our observations during site visits, there are no historic buildings or structures that are on the project site or within the immediate vicinity.

Please contact Jones Associates, Inc. if your office has any information regarding the presence of any historic areas that may be affected by the proposed project. Enclosed you will find a location map of the area. If you have any questions regarding this matter please do not hesitate to contact our office.

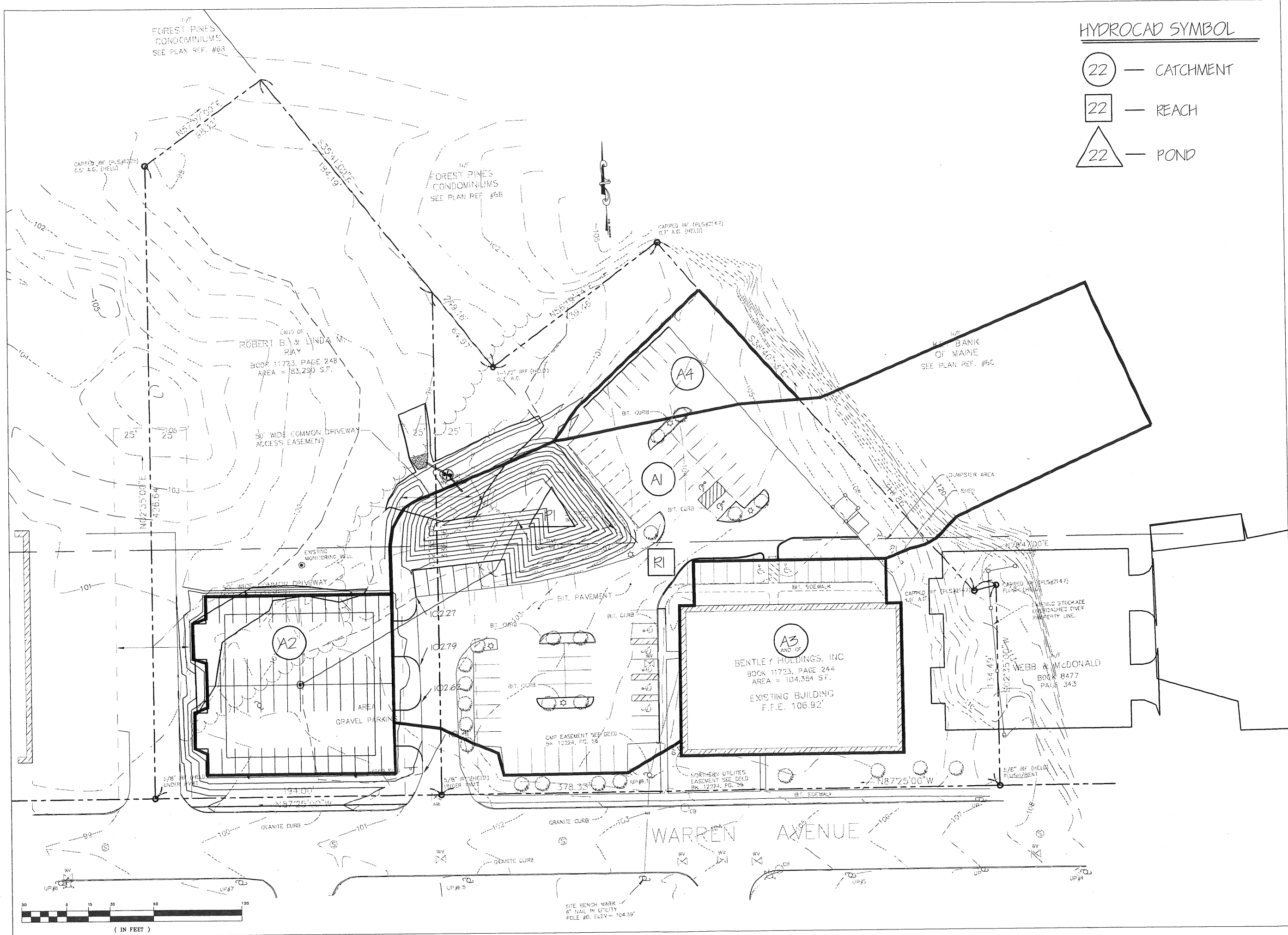
Sincerely,

A handwritten signature in cursive script, appearing to read "Rick Jones".

Rick Jones

63 Tucker Lane  
Poland Spring, Maine 04274  
(207) 998-5242

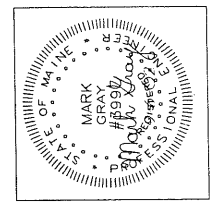




**HYDROCAD SYMBOL**

- 22 — CATCHMENT
- 22 — REACH
- POND

NO.	DATE	DESCRIPTION



**JAMM**  
 Civil and Structural Engineering  
 155 Loon Point Lane, Poland Spring, ME 04274  
 207-998-7017 Fax: 207-998-7017

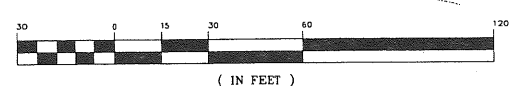
BENTLY HOLDINGS, INC.  
 LIFESTYLE  
 FITNESS CENTER  
 55 WARREN AVENUE  
 PORTLAND, MAINE

POST DEVELOPMENT  
 SITE PLAN

DESIGNED M. GRAY	DATE 1-3-04
DRAWN M. GRAY	SCALE AS SHOWN
CHECKED M. GRAY	JOB. NO. 200+005

SHEET NO.  
**STM2**

REPRODUCTION OR REUSE OF THIS DOCUMENT WITHOUT THE EXPRESSED WRITTEN CONSENT OF JAMM IS PROHIBITED



SITE BENCHMARK  
 6" FLAT IN UTILITY  
 POLE #5, ELEV = 104.55'



SITE PLAN/SUBDIVISION  
PERFORMANCE GUARANTEE  
LETTER OF CREDIT  
1482536

September 22, 2004

Lee D. Urban  
Planning and Development Department Director  
Planning Division  
City of Portland, 4<sup>th</sup> Floor  
389 Congress Street  
Portland, Maine 04101

Re: Application of Bentley Holdings for Lifestyle Fitness Center  
at 55 Warren Avenue, Portland, Maine 04103

Androscoggin Savings Bank ("Bank") hereby issues its Irrevocable Letter of Credit for the account of Bentley Holdings, as developer, (hereinafter referred to as "Developer") in the name of the City of Portland, in the aggregate amount of \$67,825.00. These funds represent the estimated cost of installing site improvements as depicted on the Lifestyle Fitness Center addition, approved on September 22, 2004 and as required under Portland Code of Ordinances Chapter 14 section 499, 499.5, 525 and Chapter 25 section 46 through 65.

This Irrevocable Letter of Credit is intended to satisfy the Developer's obligation, under Portland Codes of Ordinances Chapter 14 section 501, 502, and 525, to post a performance guarantee for the above referenced development.

The City, through its Director of Planning and Development and in his sole discretion, may draw on this Letter of Credit by presentation of a site draft and the original Letter of Credit and all amendments thereto, at Bank's offices located at 30 Lisbon Street, P.O.Box 1407, Lewiston, Maine 04243-1407 stating that:

1. The Developer has failed to satisfactorily complete by September 22, 2005 the work on the improvements contained within the LifeStyle Fitness Center addition approval, dated September 22, 2004; or
2. The Developer has failed to deliver to the City a deed containing the metes and bounds description of any streets, easements or other improvements required to be deeded to the City; or
3. The Developer has failed to post the ten percent (10%) Defect Guarantee required by Portland Code of Ordinances Chapter 14, Section 501 and 525; or
4. The Developer has failed to notify the City for inspections.

In the event of the Bank's dishonor of the City of Portland's sight draft, the Bank shall inform the City of Portland in writing of the reason or reasons thereof within three (3) working days of the dishonor.

After all underground work has been completed and inspected to the satisfaction of the Department of Public Works and Planning, including but not limited to sanitary sewers, storm drains, catch basins, manholes, electrical conduits, and other required improvements constructed chiefly below grade, the City of Portland Director of Planning and Development or its Director of Finance as provided in Chapter 14 section 501 of the Portland Code of Ordinances, may authorize the Bank, by written certification, to reduce the available amount of the Letter of Credit by a specified amount.

This Letter of Credit may be extended without amendment for a period of one year from the current expiration date hereof, unless within sixty (60) days prior to any expiration, the Bank notifies the City by certified mail (restricted delivery to Duane Kline, Director of Finances, City of Portland, 389 Congress Street, Portland, Maine 04101) that the Bank elects not to consider this Letter of Credit renewed for any such additional period.

This Letter of Credit will automatically expire upon the earlier of:

1. The Bank's receipt of written notification from the City of Portland that said work contained within the Lifestyle Fitness Center approval and as required by Portland Code of Ordinances Chapter 14 section 499, 499.5, 525 and Chapter 25 section 46 through 65 has been completed in accordance with the City of Portland's specifications and the Bank's Letter of Credit No.1482536 may be cancelled; or
2. The expiration date of September 22, 2005 or any extended date as specified herein.

Very truly yours,

ANDROSCOGGIN SAVINGS BANK

Dated: 9/27/04

By: Edward L. McBride  
Edward L. McBride  
Its: Vice President

SEEN AND AGREED TO:

BENTLEY HOLDINGS

Dated: 9/27/04

By: Robert Ray

APPROVED AS TO FORM:  
Cenny Haddad 9/27/04  
CORPORATION COUNSEL'S OFFICE

Ray Raymond, DAC

**CITY OF PORTLAND, MAINE  
DEVELOPMENT REVIEW APPLICATION  
PLANNING DEPARTMENT PROCESSING FORM  
DRC Copy**

2004-0102  
Application I. D. Number

**Robert Ray**  
Applicant  
**30 Cuba Road, Manchester, ME 04351**

**05/25/2004**  
Application Date

Applicant's Mailing Address  
**JAMM Civil & Structural Engineering**  
Consultant/Agent  
**Applicant Ph: (207) 786-4790 Applicant Fax: (207) 732-8761**  
Applicant or Agent Daytime Telephone, Fax

**Lifestyles Fitness Center**  
Project Name/Description

**55 - 55 Warren Ave, Portland, Maine**  
Address of Proposed Site  
**292 D006001**  
Assessor's Reference: Chart-Block-Lot

Proposed Development (check all that apply):  New Building  Building Addition  Change Of Use  Residential  Office  Retail  
 Manufacturing  Warehouse/Distribution  Parking Lot  Other (specify)

**3,900 sq ft** **B4**  
Proposed Building square Feet or # of Units Acreage of Site Zoning

**Check Review Required:**

- |                                                                |                                                   |                                                |                                                  |
|----------------------------------------------------------------|---------------------------------------------------|------------------------------------------------|--------------------------------------------------|
| <input checked="" type="checkbox"/> Site Plan<br>(major/minor) | <input type="checkbox"/> Subdivision<br># of lots | <input type="checkbox"/> PAD Review            | <input type="checkbox"/> 14-403 Streets Review   |
| <input type="checkbox"/> Flood Hazard                          | <input type="checkbox"/> Shoreland                | <input type="checkbox"/> Historic Preservation | <input type="checkbox"/> DEP Local Certification |
| <input type="checkbox"/> Zoning Conditional<br>Use (ZBA/PB)    | <input type="checkbox"/> Zoning Variance          |                                                | <input type="checkbox"/> Other                   |

Fees Paid: Site Plan \$400.00 Subdivision Engineer Review \$1,295.70 Date 09/16/2004

**DRC Approval Status:**

Reviewer **Sebago Technic**

- Approved  **Approved w/Conditions**  Denied  
See Attached

Approval Date **09/24/2004** Approval Expiration **09/24/2005** Extension to  Additional Sheets Attached  
 Condition Compliance **Kandi Talbot** **09/28/2004**  
signature date

**Performance Guarantee**  **Required\***  **Not Required**

\* No building permit may be issued until a performance guarantee has been submitted as indicated below

- |                                                                    |                           |                                                    |                                      |
|--------------------------------------------------------------------|---------------------------|----------------------------------------------------|--------------------------------------|
| <input checked="" type="checkbox"/> Performance Guarantee Accepted | <b>09/27/2004</b><br>date | <b>\$67,825.00</b><br>amount                       | <b>09/22/2005</b><br>expiration date |
| <input checked="" type="checkbox"/> Inspection Fee Paid            | <b>09/27/2004</b><br>date | <b>\$1,356.50</b><br>amount                        |                                      |
| <input type="checkbox"/> Building Permit Issue                     | date                      |                                                    |                                      |
| <input type="checkbox"/> Performance Guarantee Reduced             | date                      | remaining balance                                  | signature                            |
| <input type="checkbox"/> Temporary Certificate of Occupancy        | date                      | <input type="checkbox"/> Conditions (See Attached) | expiration date                      |
| <input type="checkbox"/> Final Inspection                          | date                      | signature                                          |                                      |
| <input type="checkbox"/> Certificate Of Occupancy                  | date                      |                                                    |                                      |
| <input type="checkbox"/> Performance Guarantee Released            | date                      | signature                                          |                                      |
| <input type="checkbox"/> Defect Guarantee Submitted                | submitted date            | amount                                             | expiration date                      |
| <input type="checkbox"/> Defect Guarantee Released                 | date                      | signature                                          |                                      |

**CITY OF PORTLAND, MAINE  
DEVELOPMENT REVIEW APPLICATION  
PLANNING DEPARTMENT PROCESSING FORM  
Fire Copy**

2004-0102  
Application I. D. Number

**Robert Ray**  
Applicant  
**30 Cuba Road, Manchester, ME 04351**  
Applicant's Mailing Address

**05/25/2004**  
Application Date

**JAMM Civil & Structural Engineering**  
Consultant/Agent

**Lifestyles Fitness Center**  
Project Name/Description

**Applicant Ph: (207) 786-4790**      **Applicant Fax: (207) 732-8761**  
Applicant or Agent Daytime Telephone, Fax

**55 - 55 Warren Ave, Portland, Maine**  
Address of Proposed Site  
**292 D006001**  
Assessor's Reference: Chart-Block-Lot

Proposed Development (check all that apply):  New Building  Building Addition  Change Of Use  Residential  Office  Retail  
 Manufacturing  Warehouse/Distribution  Parking Lot  Other (specify)

**3,900 sq ft**

Proposed Building square Feet or # of Units

Acreeage of Site

**B4**

Zoning

**Check Review Required:**

- Site Plan (major/minor)       Subdivision # of lots       PAD Review       14-403 Streets Review  
 Flood Hazard       Shoreland       Historic Preservation       DEP Local Certification  
 Zoning Conditional Use (ZBA/PB)       Zoning Variance       Other

Fees Paid:      Site Plan      \$400.00      Subdivision      Engineer Review      Date **05/25/2004**

**Fire Approval Status:**

Reviewer **Lt. MacDougal**

- Approved**       **Approved w/Conditions** See Attached       **Denied**

Approval Date **06/02/2004**      Approval Expiration **06/02/2005**      Extension to       Additional Sheets Attached  
 Condition Compliance      **Lt. MacDougal** signature      **06/02/2004** date

**Performance Guarantee**       **Required\***       **Not Required**

\* No building permit may be issued until a performance guarantee has been submitted as indicated below

- Performance Guarantee Accepted      date      amount      expiration date  
 Inspection Fee Paid      date      amount  
 Building Permit Issue      date  
 Performance Guarantee Reduced      date      remaining balance      signature  
 Temporary Certificate of Occupancy      date       Conditions (See Attached)      expiration date  
 Final Inspection      date      signature  
 Certificate Of Occupancy      date  
 Performance Guarantee Released      date      signature  
 Defect Guarantee Submitted      submitted date      amount      expiration date  
 Defect Guarantee Released      date      signature

**MAINE SHORT FORM QUITCLAIM DEED WITH COVENANT**

**ROBERT B. RAY** and **LINDA W. RAY**, of 30 Cuba Road, Manchester, Kennebec County, Maine, for consideration paid, hereby grant to **BENTLEY HOLDINGS, INC.**, of 30 Cuba Road, Manchester, Maine, with **QUITCLAIM COVENANT**, a certain lot or parcel of land situated in **Portland**, Cumberland County, Maine, being more particularly described on the attached Exhibit A.

ALSO HEREBY conveying all rights, easements and privileges pertaining thereto.

WITNESS our hands and seals this 19<sup>th</sup> day of August, 2004.

\_\_\_\_\_  
Witness

Robert B. Ray  
Robert B. Ray

\_\_\_\_\_  
Witness

Linda W. Ray  
Linda W. Ray

STATE OF MAINE  
COUNTY OF ANDROSCOGGIN, SS.

Personally appeared before me this 19<sup>th</sup> day of August, 2004, the above-named Robert B. Ray and Linda W. Ray acknowledged the foregoing instrument to be their free act and deed:

Karen J. Goslin  
Notary Public/~~Attorney-at-Law~~

\_\_\_\_\_  
Type or Print Name      KAREN J. GOSLIN  
Notary Public, Maine  
My Commission Expires May 12, 2005

My commission expires: \_\_\_\_\_

**EXHIBIT A**  
**Lot 7**  
**Warren Avenue Property**

A certain lot or parcel of land situated on the northerly side of Warren Avenue, so called, in the City of Portland, County of Cumberland and State of Maine, being Lot 7 as shown on a plan of land, entitled "Recording Plat of Southworth Subdivision" developed by Southworth, Inc., dated December 24, 1985 by Sebago Technics, Inc. and recorded in the Cumberland County Registry of Deeds in Plan Book 157, Page 28; Lot 7 being more particularly bounded and described as follows:

Beginning at an iron pin on the northerly side of Warren Avenue marking the southwesterly corner of Lot 8 as shown on said plan;

Thence N 02° 35' E, by and along Lot 8, a distance of 338.96 feet to an iron pin in the southwesterly sideline of land formerly owned by Alexander Bailey, Jr., now occupied by Forest Pines Condominiums as shown on a plan of land recorded at the Cumberland County Registry of Deeds in UO File No. 64;

Thence N 35° 41' W, by and along Forest Pines Condominiums and land occupied by Forest Ridge Condominiums as shown on a plan recorded at said Registry of Deeds in UO File No. 65, a total distance of 184.19 feet to a 1½ inch iron pipe marking the most northerly corner of Lot 7 herein described;

Thence S 57° 07' W, by and along land now or formerly occupied by the Avalon Heights Subdivision, a distance of 98.13 feet to an iron pin at the most northerly corner of Lot 6 as shown on said plan of Southworth Subdivisions;

Thence S 02° 35' W, by and along Lot 6, a distance of 426.64 feet to an iron on the northerly sideline of Warren Avenue;

Thence S 87° 25' E, by and along Warren Avenue, a distance of 194 feet to the point of beginning.

Meaning and intending to describe a parcel of land containing 83,289 square feet, more or less, or 1.91 acres, and being a portion of the land described in a deed conveyed to Key Bank of Maine by OMW II, Inc. dated April 14, 1993 and recorded in Book 10685, Page 42, said parcel being all of Lot 7 as shown on said plan of Southworth Subdivision.

Subject to and benefitted by, however, a 50 foot common driveway access easement between Lots 7 and 8, and Lots 6 and 7, and shown on said plan of Southworth Subdivision. This easement requires that the owners of parcels 6, 7 and 8 share the cost of maintaining the roadway on the common easement between lots adjacent to the easement areas, including but not limited to pavement repair, snow plowing, pavement striping and other reasonable costs. The common driveway easement allows for the construction of a paved driveway and associated appurtenances by any and all of the owners for Lots 6, 7 and 8.

Bearings herein are based on a magnetic reading taken in 1944 as shown on said plan of Southworth Subdivision.

Being the same premises described in the deed of Key Bank of Maine to Robert B. and Linda M. Ray dated November 17, 1994, and recorded in the Cumberland County Registry of Deeds in Book 11723, Page 248. The correct name of Grantee Linda M. Ray was and is Linda W. Ray.

September 1, 2004

Kandice Talbot, Planner  
City of Portland  
389 Congress Street  
Portland, ME 04101

Subject:       **Building and Parking Expansion**  
                  **Lifestyle Fitness Center**  
                  **55 Warren Avenue, Portland, Maine**  
                  **Response to Comment Letter of 8-26-04**

Dear Ms. Talbot:

We are in receipt of your letter to Mark Gray of August 26, 2004 received in this office on August 27, 2004. The following are responses to the comments contained in those documents, item-by-item. Supporting documentation is attached to this letter.

1. Sewer capacity letter from the Portland Sewer Department will be submitted to staff prior to issuance of building permit. Robert Ray is following up on this item.
2. Exterior building facade of the building addition will be of the same materials, same color and the same height as the existing building. Coupled with the fact that this addition is not visible from the street, the Murox shop drawing provided in our last submission would seem to be adequate to assure the City of an acceptable appearance for this addition. Please let us know if this further information is not adequate to meet this requirement.
3. The lot with the new parking area has been transferred into the ownership of Bentley Holdings, Inc., in order to assure the City that both parcels are in the same ownership. The parking lot can now be considered an accessory use under the City's land use ordinance.
4. Mark Gray of this office discussed the issue of the potential for frost heaving of the soil under the proposed 18" Class V reinforced concrete storm drain lead with Jim Seymour yesterday. A 4' wide, 2" thick closed cell polystyrene insulation is now proposed at the bottom of the bedding material for the pipe. This change is shown on the trench section detail on sheet C1.
5. The 8" roof lead has been shortened where it enters the pond and rip-rap has been added. See sheet C1.
6. The 16 temporary parking spaces on the east side of the existing north parking lot have been eliminated and the area has been shown to be restored with 4" of loam and seed. See sheet C1.
7. The parking spaces closest to the pond at the end of the approach drive have been designated employee parking spaces. See sheet C1.
8. Snow storage locations have been shown on sheet C1.
9. The handicapped space at the north end of the row immediately west of the existing building has had its handicapped designation removed. A 5' wide sidewalk has been restored to the



design connecting the west and north sides of the building. This sidewalk connects the handicapped spaces and ramp on the west with the main entrance on the north.

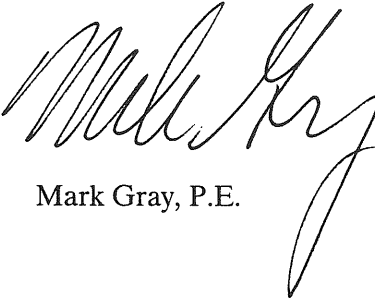
10. The painted cross-walks on the north sides of the building have been removed.
11. Bituminous curb has been added to the new parking lot entrance drives and center island.
12. A note has been added to sheet C1 to prohibit running electrical conduit inside the limits of the wet pond.
13. See the maintenance plan note on sheet C1.
14. See attached sheets L1 & L2 with comments a. through h. from the City Arborist addressed.
15. A note has been added to the plan stating regarding time constraints on the emptying of trash dumpsters.

Appended to this letter are the following

1. Revised sheets C1, C2, L1 & L2 in D size format.

Please contact me if you need further information.

Sincerely,  
JAMM Civil & Structural Engineering



Mark Gray, P.E.

cc. File

C:\11mark\2004\Projects\2004005\Minor Site Plan Comment Response Letter 9-1-04.doc

Department of Public Works



Michael J. Bobinsky  
Director

**CITY OF PORTLAND**

13 September 2004

Mr. Jeffrey Ray,  
Lifestyle Fitness Center,  
55 Warren Avenue,  
Portland, Maine 04074.

**RE: The Capacity to Handle Anticipated Wastewater Flows, from the Addition to the Lifestyle Fitness Center Building, at 55 Warren Avenue.**

Dear Mr. Ray:

The existing fifteen inch diameter, vitrified clay sanitary sewer pipe, located in Warren Avenue, has adequate capacity to **transport**, while The Portland Water District sewage treatment facilities, located off Marginal Way, have adequate capacity to **treat** the anticipated wastewater flows of **1,862 GPD**, from the proposed addition.

**Anticipated Wastewater Flows from the Proposed Addition:**

A review of Portland Water District water meter records, for the Lifestyle Fitness Center, shows the highest monthly flow, over the last twelve months, to be **175 Hundreds of Cubic Feet**. This highest monthly flow was then divided by **27**, the number of days the Lifestyle Fitness Center was in use during the month, of the highest flow. The resultant quotient was multiplied by **1.5**, a "multiplying factor," then divided by **four** (the approximate increase to the building's footprint). This quotient was then multiplied by **748**, the number of gallons in a hundred cubic feet, to arrive at **1,818 GPD**.

175 <u>Highest Monthly Flow</u> (in hundreds of cubic feet)	27 <u>Number of Days Facility Was In Use</u> (Between meter readings)	1.5 <u>"Multiplying Factor"</u> (For water records, on a monthly basis)	4 <u>Approximate Proportional Increase Of Footprint</u> (3,800/15,000)	748 <u>Gallons</u> (In a hundred cubic feet)	1,818 <u>Partial Design Flow</u> (In gallons per day)
-------------------------------------------------------------------	-----------------------------------------------------------------------------	-------------------------------------------------------------------------------	------------------------------------------------------------------------------	----------------------------------------------------	-------------------------------------------------------------

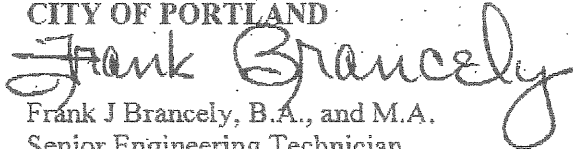
This flow, 1,818 gallons per day, plus 44 GPD (56 proposed parking spaces at one gallon per day per space, less twelve existing parking spaces removed during construction of the addition, at one gallon per day per day) equals **1,862 GPD**.

**Total Proposed Increase in Wastewater Flows for this Project = 175/27 x 1.5/4 x 748 + 44 = 1,862 GPD**

The City combined sewer overflow (C.S.O.) abatement consent agreement, with the U.S.E.P.A. and the Maine D.E.P., requires C.S.O. abatement, as well as storm water mitigation, in order to offset any increase in sanitary flows, from all projects. If The City can be of further assistance, please call 874-8832.

00English:072 Capacity Letter/Warren Avenue 55  
01French:0 Capacity Letter/Warren Avenue 55

Mr. Day, Lifestyle Fitness Center,  
September 13, 2004,  
Page 2 of 2.

Sincerely,  
**CITY OF PORTLAND**  
  
Frank J Brancely, B.A., and M.A.  
Senior Engineering Technician

FJB

cc: Alexander Q. Jaegerman, Director, Department of Planning, and Urban Development, City of Portland  
Kandice Talbot, Planner, Department of Planning, and Urban Development, City of Portland  
Eric Labelle, P.E., City Engineer, City of Portland  
Bradley A. Roland, P.E., Environmental Projects Engineer, City of Portland  
Stephen K. Harris, Assistant Engineer, City of Portland  
Jane Ward, Administrative Assistant, City of Portland  
Desk file

**From:** Marge Schmuckal  
**To:** Kandi Talbot  
**Date:** 08/03/2004 2:53:34 PM  
**Subject:** Re: 55 Warren Avenue - Lifestyles

Parking is required for any expansion based on the size of the expansion. Parking in this case would be considered an accessory use to the business use.

Marge

>>> Kandi Talbot 08/03 2:03 PM >>>

Marge,

Are parking lots a permitted use in the B-4 zone? It is not listed as a permitted use and I was just taking another look at 55 Warren Avenue, because legible plans were submitted. The proposal applied for is a 3,900 sq. ft. expansion with an expanded parking lot. I would assume that parking would be allowed under the accessory use for the Lifestyles Fitness Center.

However, my concern is that there are two separate parcels. One owned by Bentley Holdings, where the Lifestyle Fitness Center and existing parking is located. The second parcel is owned by Robert & Linda Ray, where the proposed parking lot is located. Bentley Holdings and Robert & Linda Ray are one in the same, but technically and legally they aren't the same owner.

Does an accessory use have to be located on the same parcel with same ownership or can it be located on a separate parcel, different ownership?

Thanks so much.  
Kandi

**CC:** Sarah Hopkins



July 8, 2004

Ms. Kandace Talbot, Planner  
City of Portland  
Department of Planning & Development  
389 Congress Street  
Portland, ME 04101

Dear Ms. Talbot:

On June 15, 2004 the Board of Directors of Androscoggin Bank approved the construction and permanent financing for the expansion of the Lifestyle Fitness Center, located on Warren Avenue, Portland, Maine.  
Should you require any additional information, please feel free to contact me at (207) 784-9164.

Very truly yours,

A handwritten signature in black ink, appearing to read 'Edward L. McBride'.

Edward L. McBride  
Vice President  
Commercial Lending

cc: Bob Ray  
Bentley Holdings



# Portland Water District

Att: Candy Talbot

225 Douglass St. • P.O. Box 3553 • Portland, ME 04104-3553

Customer Service Hotline (207) 761-8310

(207) 774-5961  
FAX (207) 879-5837

July 9, 2004

Jim Seymour  
City of Portland  
389 Congress St.  
Portland, Me. 04101

Re: 55 Warren Ave.-Portland

Jim:

This letter is to confirm there should be an adequate supply of clean and healthful water to serve the needs of the proposed building expansion at 55 Warren Ave. in Portland, Maine. Checking District records, I find there is a 20" water main on the south side of the street in Warren Ave. as well as a water hydrant located opposite of the property.

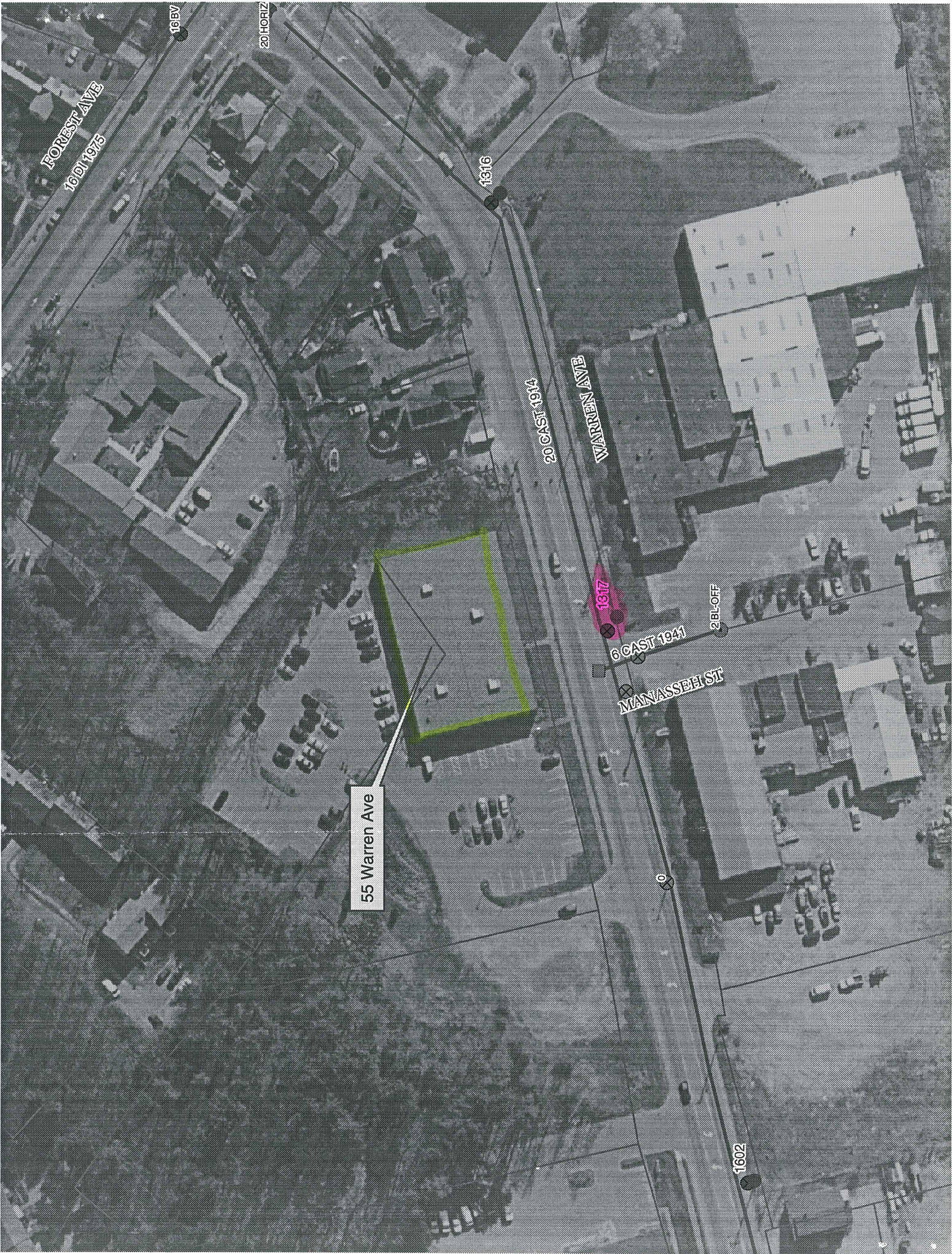
The current data from the nearest hydrant indicates there should be adequate capacity of water to serve the needs of your proposed project.

Hydrant Location: Warren Ave. 585' east of Bishop St.  
Hydrant # 1317  
Static pressure = 54 PSI  
Flow = 1074 GPM  
Last Tested = 8/12/88

If the District can be of further assistance in this matter, please let us know.

Sincerely,  
Portland Water District

Jim Pandiscio  
Means Coordinator



FOREST AVE  
16D/1975

16BV

20 HORIZ

1316

20 CAST 1914

WARREN AVE

1317

6 CAST 1941

2 BL OFF

MANASSEH ST

55 Warren Ave

1602

Carolyn R. Small  
1326 Forest Ave, #7  
Portland, Maine 04103  
(207) 878-2887

August 5, 2004

Ms. Candace Talbot, Planner  
City of Portland  
389 Congress Street  
Portland, ME 04101

Re: Lifestyles Fitness/Bently Holdings, Inc., 55 Warren Ave, Portland

Dear Ms. Talbot:

I am writing regarding the proposed expansion of Lifestyles Fitness Center's building and parking lot abutting Forest Pines Condominium Association's property.

First of all, I would like to mention that I do not think the plans submitted to the Planning Board indicate that our condominiums are three-story townhouse style units very close to the fitness center's parking lot. I would like to see our units drawn on their plans.

Since the opening of the fitness center we have had very few problems with their customers other than the occasional loud radios and customers in the parking lot, people urinating behind the fence, and tossing trash in the woods. I realize the fitness center cannot control their customers' behavior and, on the whole, these things are not a big problem for me. Actually, the most annoying thing for me personally, has been being awakened 3:30 AM by Waste Management emptying the dumpsters.

While I am not personally bothered by the lights of vehicles entering the parking lot from Warren Avenue, I believe they do shine in the windows of units 1-4 (the units which would be most affected by the proposed expansion of the parking lot).

My recommendations to the Board are as follows:

1. Bently Holdings be required to plant mature evergreens close enough together to provide a noise barrier and tall enough to block out light from vehicles and parking lot lights.
2. Relocate the dumpsters away from the rear of their buildings as when they expand their facility 30' towards us the beeping noise level of the trucks backing up and emptying the dumpsters will be greatly elevated.



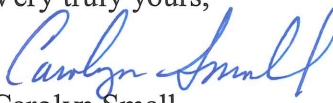
Lifestyles Fitness Center  
August 5, 2004  
Page two of two

3. Keep the new lighting of the parking lot to a minimum and not to exceed the height of the existing lighting.
4. Run-off of rainwater in new parking lot. I am sure you are aware of the existing wetlands and are working closely with the environmental people on this issue.
5. Hours of operation – currently 24 hours/day - I believe when the fitness center opened, the hours of operation were to be from 5:00 AM to 10:00 PM and the parking lot lights were to be turned off at 10:00 PM. The hours of operation were of concern to us before prior to the fitness center being built several years ago and I am wondering how Bently Holdings got approval to extend their hours of operation to 24 hours/day.

Would you kindly keep me apprised of developments on this project.

Thank you very much for your consideration of my concerns.

Very truly yours,



Carolyn Small

cs

cc: Jeff Tarling, City Arborist

**From:** Marge Schmuckal  
**To:** Kandi Talbot  
**Date:** 08/03/2004 2:53:34 PM  
**Subject:** Re: 55 Warren Avenue - Lifestyles

Parking is required for any expansion based on the size of the expansion. Parking in this case would be considered an accessory use to the business use.

Marge

>>> Kandi Talbot 08/03 2:03 PM >>>

Marge,

Are parking lots a permitted use in the B-4 zone? It is not listed as a permitted use and I was just taking another look at 55 Warren Avenue, because legible plans were submitted. The proposal applied for is a 3,900 sq. ft. expansion with an expanded parking lot. I would assume that parking would be allowed under the accessory use for the Lifestyles Fitness Center.

However, my concern is that there are two separate parcels. One owned by Bentley Holdings, where the Lifestyle Fitness Center and existing parking is located. The second parcel is owned by Robert & Linda Ray, where the proposed parking lot is located. Bentley Holdings and Robert & Linda Ray are one in the same, but technically and legally they aren't the same owner.

Does an accessory use have to be located on the same parcel with same ownership or can it be located on a separate parcel, different ownership?

Thanks so much.  
Kandi

**CC:** Sarah Hopkins

Department of Planning & Development  
Lee D. Urban, Director



**CITY OF PORTLAND**

Division Directors  
Mark B. Adelson  
Housing & Neighborhood Services

Alexander Q. Jaegerman, AICP  
Planning

John N. Lufkin  
Economic Development

July 2, 2004

Mr. Mark Gray, P.E.  
JAMM Civil & Structural Engineering  
P.O. Box 98  
Poland, ME 04274

RE: Addition and Parking Lot, 55 Warren Avenue  
ID #2004-0102, CBL #292-D-006

Dear Mr. Gray:

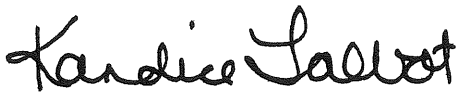
After review of the submittal for the proposed addition and parking lot located at 55 Warren Avenue, the following comments have been generated:

1. The plans that have been submitted are difficult to read. It is hard to determine where the addition is proposed and the size. Please submit revised plans that are clearer to read.
2. A standard boundary survey, stamped by a registered surveyor, shall be submitted.
3. Building elevations shall be submitted, along with façade materials proposed.  
*exterior facade elevations*
4. Capacity letters from the Portland Water District and the Portland Sewer Division shall be submitted.  
*need*
5. The Traffic Engineer is currently reviewing the plan and traffic assessment. Any additional comments from the Traffic Engineer shall be forwarded to you.  
*waiting for Tom*

6. The Development Review Coordinator is currently reviewing stormwater management plan. Any additional comments from the Development Review Coordinator shall be forwarded to you.
7. The City Arborist is currently reviewing the landscaping plan. Additional comments from the City Arborist shall be forwarded to you.
8. What is the wattage and height of the proposed lighting?
9. A letter of financial capability must be submitted from a responsible financial institution stating that it has reviewed the planned development and would seriously consider financing it when approved.

If you have any questions, please do not hesitate to contact me at 874-8901.

Sincerely,



Kandice Talbot  
Planner

CC: Sarah Hopkins, Development Review Services Manager

Lifestyle

FITNESS CENTER





**DRC1**

**Planning and Development Department  
SUBDIVISION/SITE DEVELOPMENT**

**COST ESTIMATE OF IMPROVEMENTS TO BE COVERED BY PERFORMANCE GUARANTEE**

Date: \_\_\_\_\_

Name of Project: \_\_\_\_\_

Address/Location: \_\_\_\_\_

Developer: \_\_\_\_\_

Form of Performance Guarantee: \_\_\_\_\_

Type of Development: Subdivision \_\_\_\_\_ Site Plan (Major/Minor) \_\_\_\_\_

**TO BE FILLED OUT BY THE APPLICANT:**

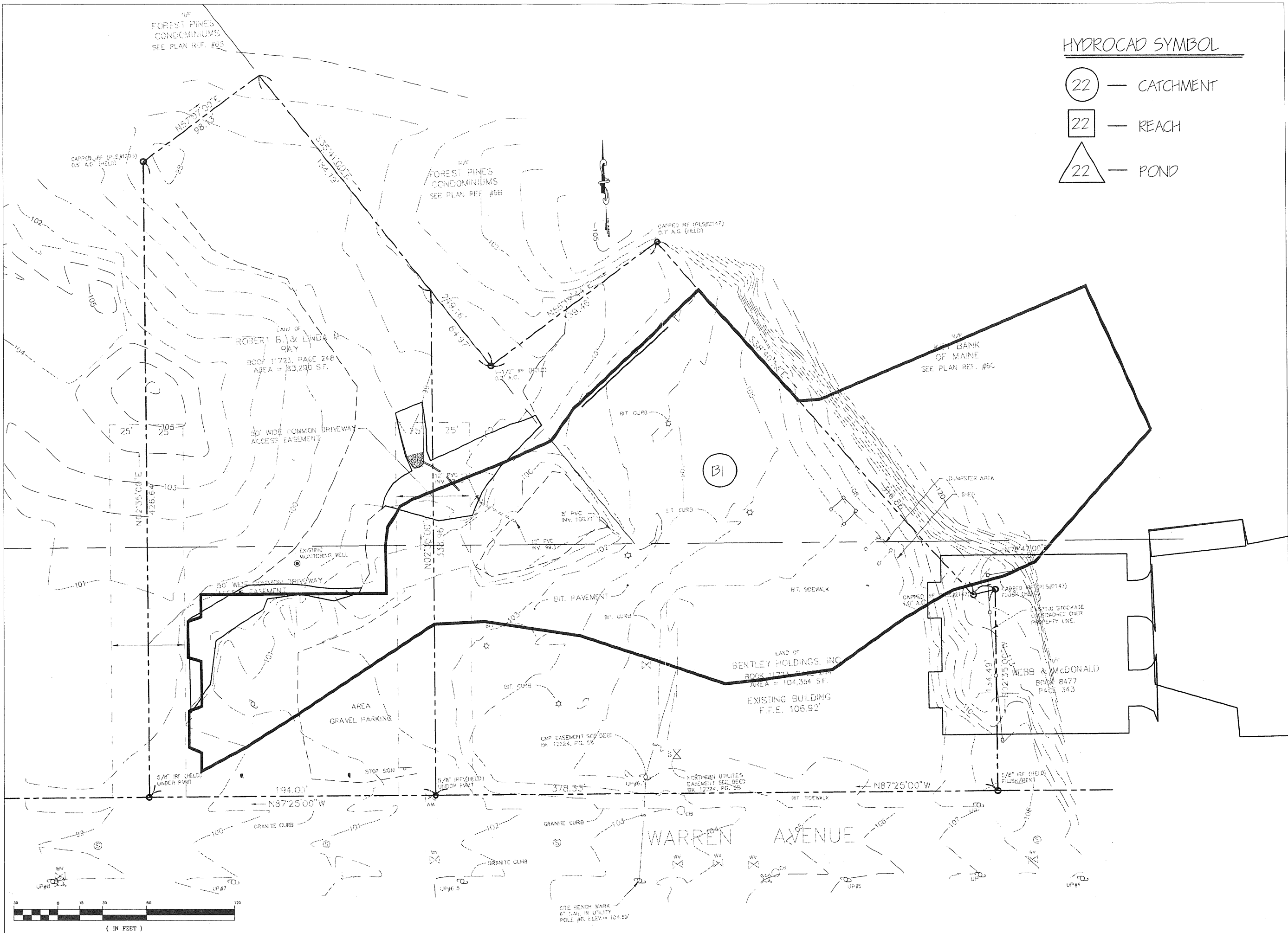
Item	PUBLIC			PRIVATE		
	Quantity	Unit Cost	Subtotal	Quantity	Unit Cost	Subtotal
<b>1. STREET/SIDEWALK</b>						
Road				1	Lump	18,120
Granite Curbing	30'	30 <sup>00</sup>	900	835'	3 <sup>00</sup>	2,505
Sidewalks	145'	10 <sup>00</sup>	1,450	150'	10 <sup>00</sup>	1,500
Esplanades	145'	2 <sup>00</sup>	290			
Monuments						
Street Lighting						
Street Opening Repairs	1	Lump	400			
Other						
<b>2. EARTH WORK</b>						
Cut						
Fill				800 yds	9 <sup>00</sup>	7,200
<b>3. SANITARY SEWER</b>						
Manholes						
Piping						
Connections						
Main Line Piping						
House Sewer Service Piping						
Pump Stations						
Other						
<b>4. WATER MAINS</b>						
<b>5. STORM DRAINAGE</b>						
Manholes						
Catchbasins				1	Lump	1,000
Piping				172'	30 <sup>00</sup>	5,160
Detention Basin				1388 yds	9 <sup>00</sup>	12,500
Stormwater Quality Units						
Other <b>Outlet Control Structure</b>				1	Lump	4,800



6. SITE LIGHTING	_____	_____	_____	<u>4</u>	<u>750<sup>00</sup></u>	<u>3000</u>
7. EROSION CONTROL	_____	_____	_____	_____	_____	_____
Silt Fence	_____	_____	_____	<u>400'</u>	<u>2<sup>00</sup></u>	<u>800</u>
Check Dams	_____	_____	_____	_____	_____	_____
Pipe Inlet/Outlet Protection	_____	_____	_____	<u>2</u>	<u>300</u>	<u>600</u>
Level Lip Spreader	_____	_____	_____	_____	_____	_____
Slope Stabilization	_____	_____	_____	<u>1</u>	<u>Lump</u>	<u>1000</u>
Geotextile	_____	_____	_____	_____	_____	_____
Hay Bale Barriers	_____	_____	_____	_____	_____	_____
Catch Basin Inlet Protection	_____	_____	_____	<u>1</u>	<u>Lump</u>	<u>100</u>
8. RECREATION AND OPEN SPACE AMENITIES	_____	_____	_____	_____	_____	_____
9. LANDSCAPING (Attach breakdown of plant materials, quantities, and unit costs)	_____	_____	_____	_____	_____	_____
10. MISCELLANEOUS	_____	_____	_____	_____	_____	_____
TOTAL:	_____	_____	_____	_____	_____	_____
GRAND TOTAL:	_____	_____	_____	_____	_____	_____

**INSPECTION FEE (to be filled out by the City)**

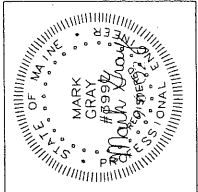
	<u>PUBLIC</u>	<u>PRIVATE</u>	<u>TOTAL</u>
A: 2.0% of totals:	_____	_____	_____
<u>or</u>			
B: Alternative Assessment:	_____	_____	_____
Assessed by:	_____	_____	_____
	(name)	(name)	



HYDROCAD SYMBOL

- 22 — CATCHMENT
- 22 — REACH
- 22 — POND

NO.	DATE	DESCRIPTION



**JAMM**  
 Civil and Structural Engineering  
 155 Loon Point Lane, Poland Spring, ME 04274  
 207-998-7017 Fax: 207-998-7017

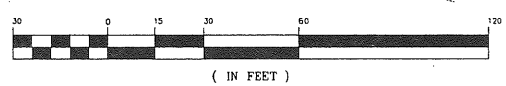
BENTLEY HOLDINGS, INC.  
 LIFESTYLE  
 FITNESS CENTER  
 55 WARREN AVENUE  
 PORTLAND, MAINE

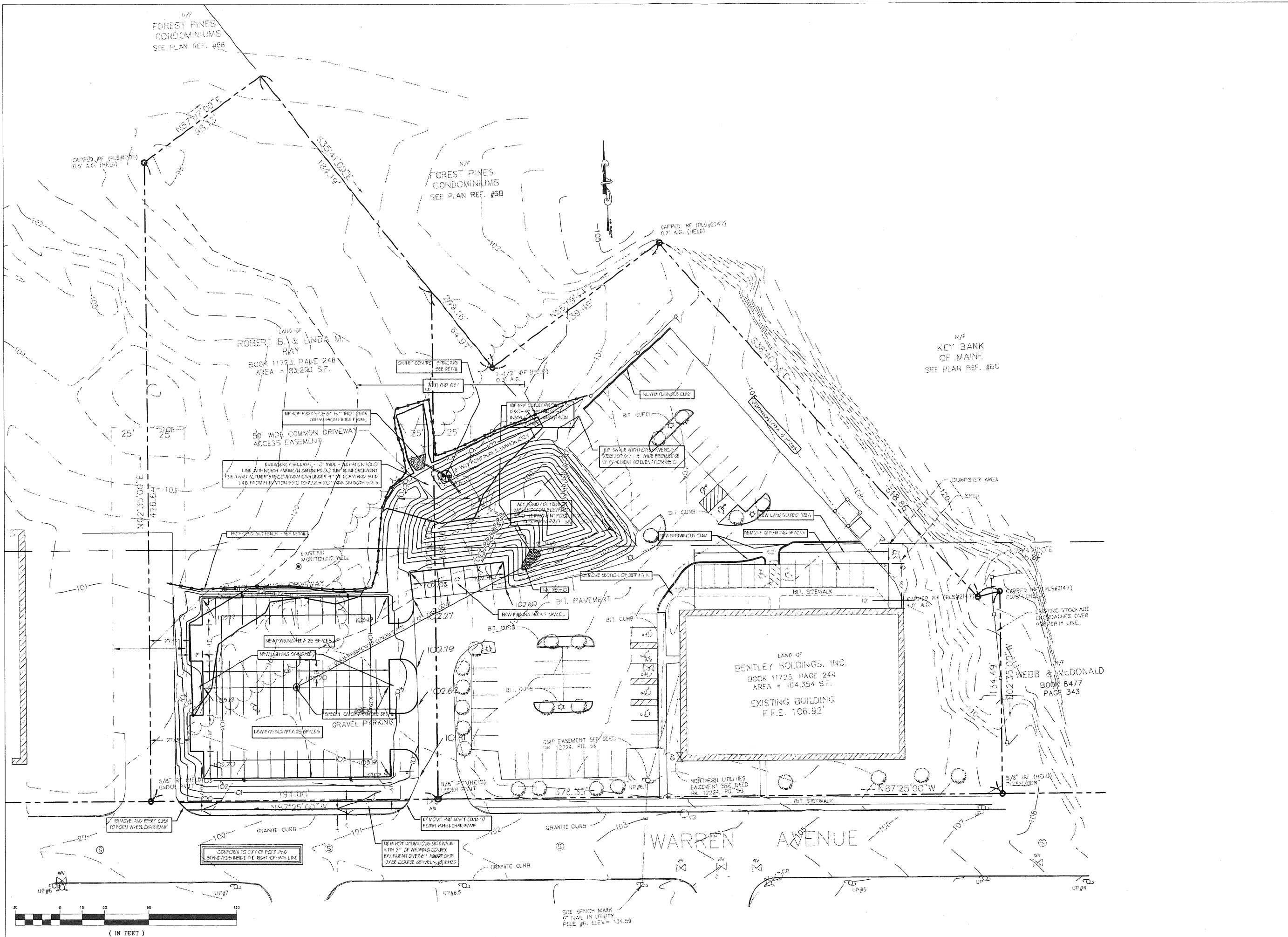
PRE-DEVELOPMENT  
 SITE PLAN

DESIGNED M. GRAY	DATE 4-9-04
DRAWN M. GRAY	SCALE AS SHOWN
CHECKED M. GRAY	JOB. NO. 200+003

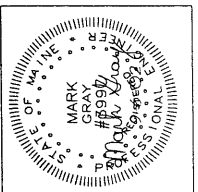
SHEET NO.  
**STMI**

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NO.	DATE	DESCRIPTION



**JAMM**  
 Civil and Structural Engineering  
 155 Loon Point Lane, Poland Spring, ME 04274  
 207-998-7017 Fax: 207-998-7017

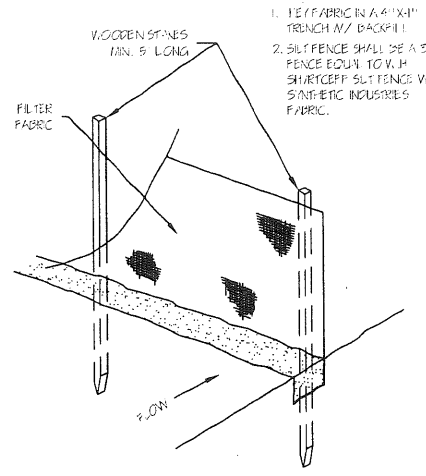
BENTLY HOLDINGS, INC.  
 LIFESTYLE  
 FITNESS CENTER  
 55 WARREN AVENUE  
 PORTLAND, MAINE

MINOR  
 SITE PLAN

DESIGNED M. GRAY	DATE 4-3-04
DRAWN M. GRAY	SCALE AS SHOWN
CHECKED M. GRAY	JOB. NO. 2004005

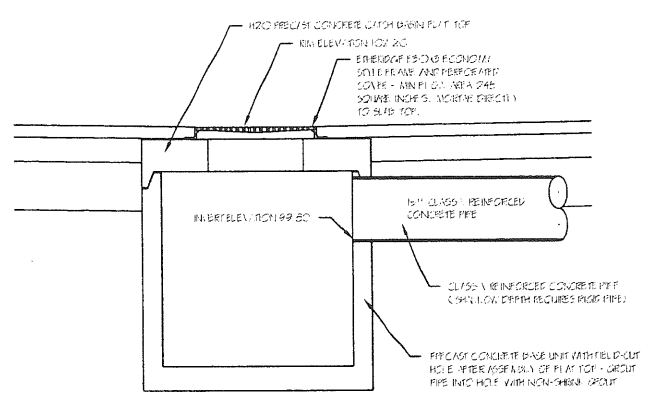
SHEET NO.  
 C1

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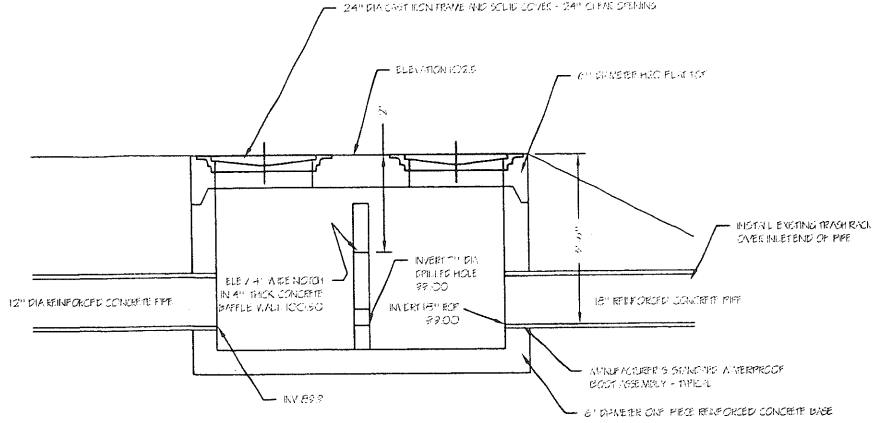
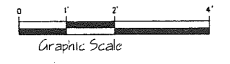


SILT FENCE DETAIL  
NOT TO SCALE

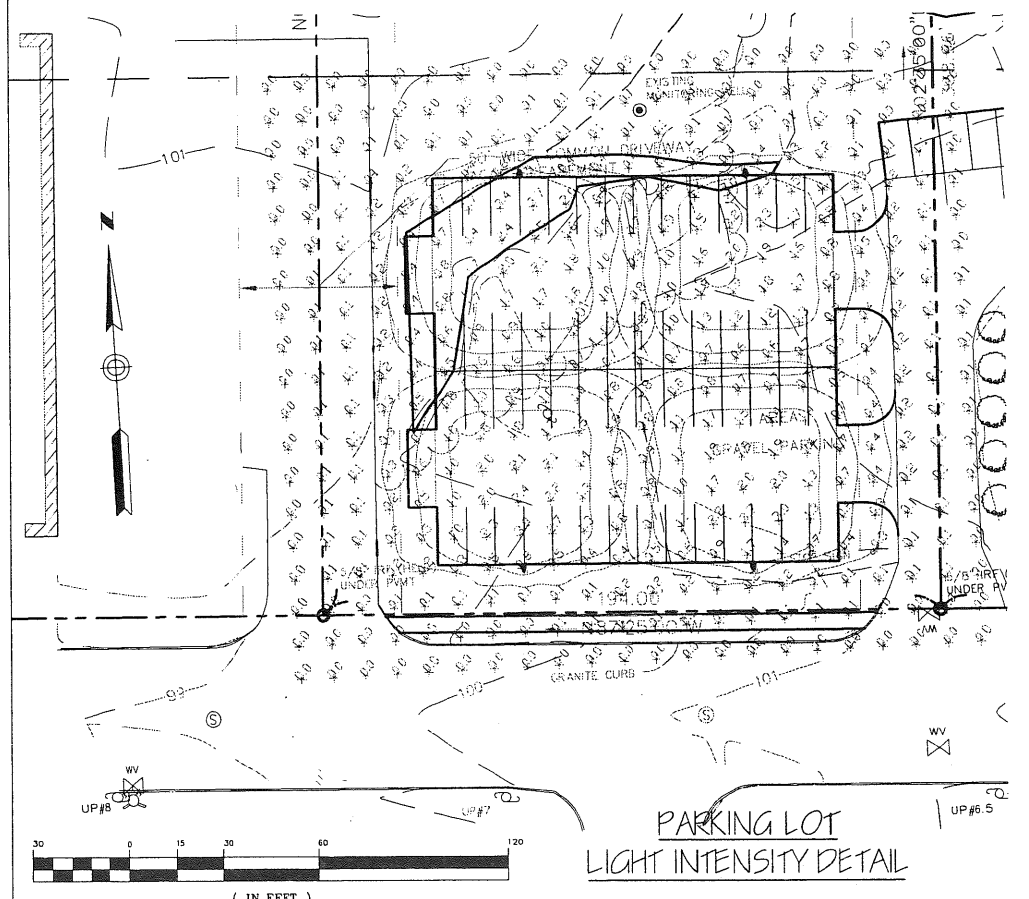
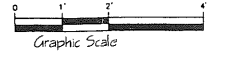
1. 12' FABRIC IN A 4"x12" TRENCH W/ BACKFILL
2. SILT FENCE SHALL BE A 3' FENCE EQUAL TO V.H. SHURTEFF SILT FENCE W/ SYNTHETIC INDUSTRIAL FABRIC.



CATCH BASIN DETAIL



OUTLET CONTROL STRUCTURE DETAIL

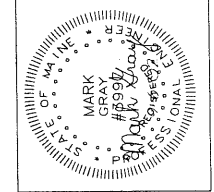


PARKING LOT  
LIGHT INTENSITY DETAIL

EROSION AND SEDIMENTATION CONTROL NOTES

1. CONFORM TO THE MAINE EROSION AND SEDIMENTATION CONTROL HANDBOOK FOR CONSTRUCTION BEST MANAGEMENT PRACTICES, CUMBERLAND COUNTY SOIL AND WATER CONSERVATION DISTRICT, DEPARTMENT OF ENVIRONMENTAL PROTECTION, MARCH 1991.
2. DISTURBED AREAS SHALL REMAIN UNTREATED FOR A MINIMUM PERIOD. STABILIZE AREAS WITHIN 100' OF A STREAM, POND OR WETLAND WITHIN 7 DAYS. STABILIZE ALL OTHER DISTURBED AREAS WITHIN 30 DAYS OF DISTURBANCE. PERMANENTLY REVEGETATE ALL AREAS WITHIN 15 DAYS OF FINAL GRADING.
3. INSTALL ALL SILT FENCE PRIOR TO SOIL DISTURBANCE. INSTALL SILT FENCE DOWN GRADIENT FROM AREAS TO BE DISTURBED. SEE DRAWINGS. INSTALL SILT FENCE ACCORDING TO THE DETAIL ON THE DRAWINGS. INSPECT SILT FENCE ON A WEEKLY BASIS AND AFTER SIGNIFICANT STORM EVENTS. REMOVE SEDIMENT AFTER EVERY SIGNIFICANT STORM EVENT. MAINTAIN SILT FENCE IN PLACE UNTIL UPLAND AREAS TRIBUTARY TO THE SILT FENCE ARE REVEGETATED. RETURN RECOVERED SEDIMENT TO THE SITE. INSTALL SILT FENCE AT WETLAND BOUNDARIES AND AT EDGES OF WETLAND DISTURBANCE.
4. SLOPES SHALL BE FLATTER THAN 2 HORIZONTAL TO 1 VERTICAL.
5. TEMPORARY AND FINAL SEEDING SHALL BOTH BE COMPLETED 45 DAYS PRIOR TO THE FIRST KILLING FROST. TEMPORARY SEEDING SHALL BE PERFORMED ON AREAS NOT YET FINAL GRADED. FINAL SEEDING SHALL BE PERFORMED ON AREAS THAT HAVE BEEN FINAL GRADED. TEMPORARY MULCHING OR DORMANT SEEDING WILL BE NECESSARY FOR AREAS WHICH ARE TOO CLOSE TO THE FIRST KILLING FROST. DELAY FINAL SEEDING UNTIL THE NEXT APPROPRIATE PERIOD.
6. REVEGETATE DISTURBED AREAS AS SOON AS POSSIBLE. REVEGETATE DISTURBED AREAS BY GRADING SURFACE TO A SMOOTH CONDITION, SPREAD AND SMOOTH LOAM TO A UNIFORM THICKNESS OF 4". APPLY LIMESTONE AND FERTILIZER TO LOAM (10-20-20) FERTILIZER AND LIMESTONE WITH 50% CALCIUM AT RATE OF 80 POUNDS PER ACRE AND 4000 POUNDS PER ACRE RESPECTIVELY. APPLY SEED (LAWN: 4% KENTUCKY BLUEGRASS, 4% CREEPING RED FESCUE, 12% PERENNIAL RYE. REAR AREAS 47% CREEPING RED FESCUE, 5% REDTOP, 48% TALL FESCUE) AT A RATE OF 45 LBS PER ACRE, APPLY HAY MULCH AT THE RATE OF 3000 TO 4000 POUNDS PER ACRE. HYDROSEEDING WITH SIMILAR SPECIFICATIONS MAY BE SUBSTITUTED.
7. REMOVE ALL TEMPORARY EROSION CONTROL MEASURES WHEN SITE IS STABLE, VEGETATION IS MATURE.
8. TEMPORARY SEEDING MIXTURES (PERIODS LESS THAN 12 MONTHS) BY TIME OF YEAR: 05/15 TO 08/15 SUDANGRASS (40 POUNDS PER ACRE) AND OATS 80 POUNDS PER ACRE; 08/15 TO 09/15 ANNUAL RYE GRASS (40 POUNDS PER ACRE) AND PERENNIAL RYE GRASS (40 POUNDS PER ACRE); 09/15 TO 11/01 WINTER RYE (112 LBS PER ACRE) AND ADD MULCH, 04/01 TO 05/15 OATS (80 LBS PER ACRE) AND ANNUAL RYE GRASS (40 LBS PER ACRE).
9. MULCH TYPE AS DETERMINED BY LOCATION AND CIRCUMSTANCE. PROTECTED AREAS: STRAW OR HAY AT 4000 LBS PER ACRE, WINDY AREAS: SHREDDED OR CHOPPED CORN STALKS (8000 TO 12000 LBS PER ACRE), MODERATE TO HIGH WATER VELOCITY AREAS OR SLOPES GREATER THAN 3 ON 1 RITE MESH OR EXCELICOR MAT. NOTE: HYDRO-APPLICATION OF ASPHALT, WOOD OR PAPER MAY BE SUBSTITUTED FOR MULCH IN NON-CRITICAL AREAS WITH NO CONCENTRATED FLOW AND LESS THAN 8% SLOPE. APPLY AT 2000 POUNDS PER ACRE.
10. ANCHOR MULCH AS FOLLOWS. PEG AND TWINE (15 Y PER BLOCK), MULCH AND NETTING (AS RECOMMENDED BY THE MANUFACTURER); LIQUID TACK (AS RECOMMENDED BY MANUFACTURERS). WETTING OF HAY AND STRAW MAY BE ACCEPTABLE FOR SOME AREAS AND SOME ROAD DITCHES.
11. WINTER CONSTRUCTION RULES (11/01 TO 4/15): LEAVE NO MORE THAN 1 ACRE OF SITE UNSTABILIZED AT ANY GIVEN TIME WITHOUT STABILIZATION MEANING ANCHORED MULCH (WITH OR WITHOUT SEEDING - NO LOAM) BETWEEN 10/15 AND 4/15 LOAM AND SEED NOT REQUIRED IF ONLY TEMPORARY STABILIZATION. COMPLETE PERMANENT STABILIZATION OUTSIDE WINTER PERIOD. DORMANT SEEDING ON PREVIOUSLY PREPARED LOAM SURFACES MAY BE UNDERTAKEN DURING WINTER PERIOD AS SEED RATES 3 TIMES SPECIFIED. APPLY AND ANCHOR MULCH. EARTHWORK DURING WINTER PERIOD SHALL BE UNDERTAKEN ON A CONTINUOUS BASIS TO PREVENT FREEZING OF SOILS TO BE FURTHER WORKED PRIOR TO TEMPORARY STABILIZATION. STABILIZE WORK AREAS COMPLETED ON A DAILY BASIS DURING WINTER PERIOD. WINTER PERIOD MULCH OPTIONS INCLUDE PEG AND TWINE, MULCH NETTING, ASPHALT EMULSION, CHEMICAL TACK OR WOOD CELLULOSE FIBER. ANCHOR MULCH IN DRAINAGE WAYS WITH SLOPES GREATER THAN 3% SLOPES EXPOSED TO DIRECT WINDS, AND OTHER SLOPES GREATER THAN 8% SLOPE.

NO.	DATE	DESCRIPTION



**JAMM**  
Civil and Structural Engineering  
155 Loan Point Lane, Poland Spring, ME 04274  
207-998-7017 Fax: 207-998-7017

BENTLY HOLDINGS, INC.  
LIFESTYLE  
FITNESS CENTER  
55 WARREN AVENUE  
PORTLAND, MAINE

DETAIL  
SHEET

DESIGNED M. GRAY	DATE 4-3-04
DRAWN M. GRAY	SCALE AS SHOWN
CHECKED M. GRAY	JOB. NO. 2004003

SHEET NO.  
C2

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N/F  
NEW MAINE PROPERTIES  
LIMITED LIABILITY COMPANY  
BOOK 11975, PAGE 261  
SEE PLAN REF. #6A

N/F  
FOREST PINES  
CONDOMINIUMS  
SEE PLAN REF. #6B

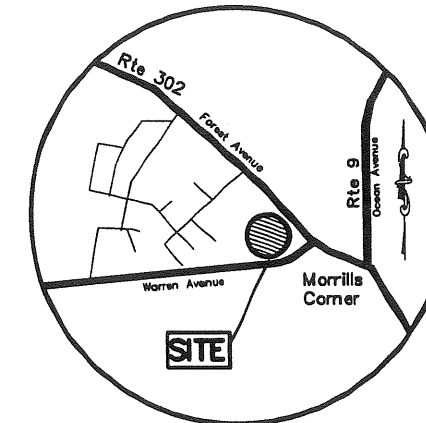
N/F  
FOREST PINES  
CONDOMINIUMS  
SEE PLAN REF. #6B

LAND OF  
ROBERT B. & LINDA M.  
RAY  
BOOK 11723, PAGE 244  
AREA = 83,290 S.F.

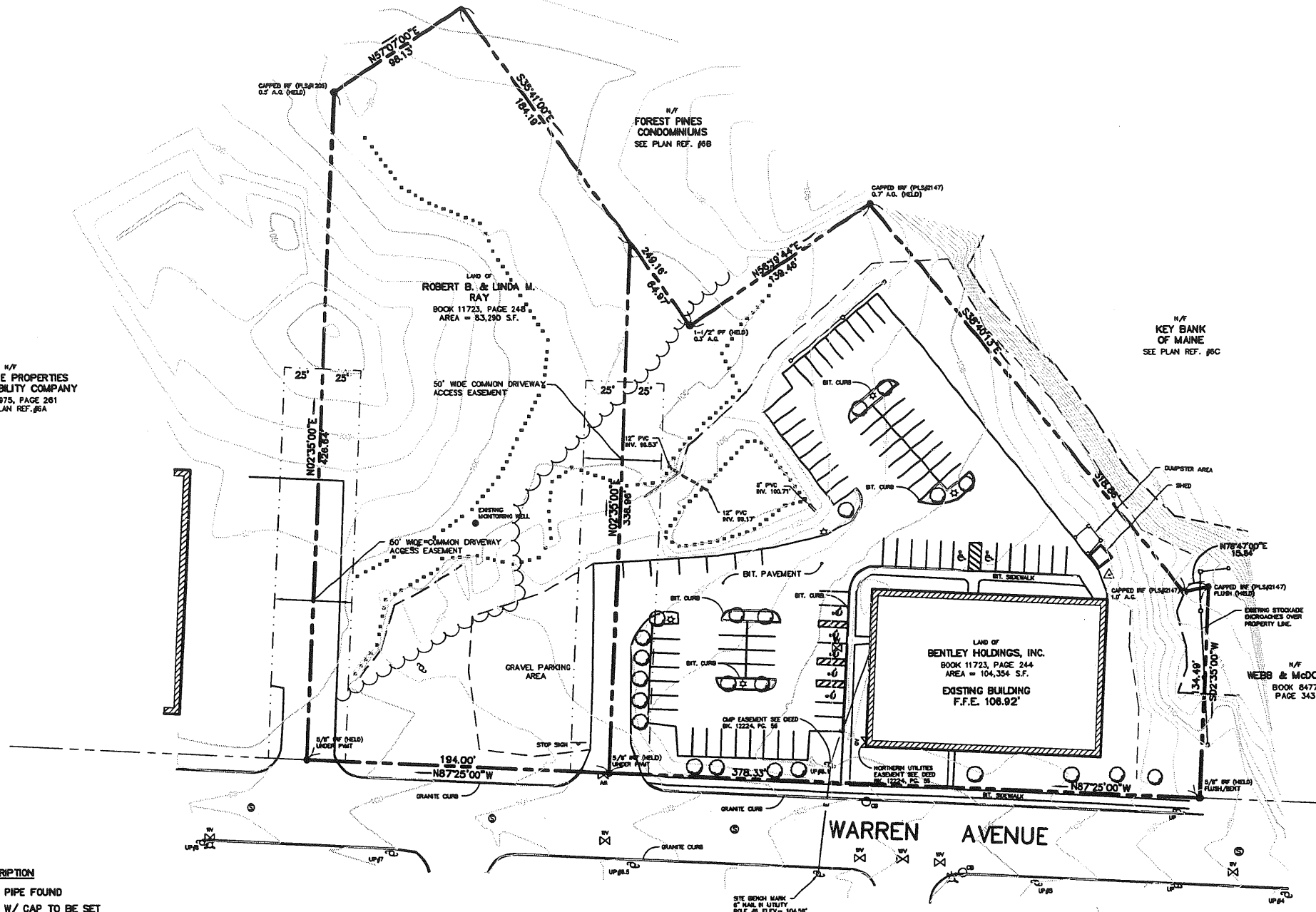
N/F  
KEY BANK  
OF MAINE  
SEE PLAN REF. #6C

LAND OF  
BENTLEY HOLDINGS, INC.  
BOOK 11723, PAGE 244  
AREA = 104,354 S.F.  
EXISTING BUILDING  
F.F.E. 106.92'

N/F  
WEBB & McDONALD  
BOOK 6477  
PAGE 343



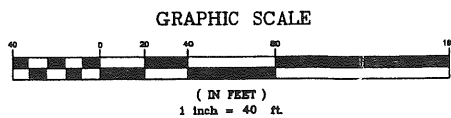
LOCATION MAP  
N.T.S.



NOTES:

- SUBJECT PARCEL:  
BENTLEY HOLDINGS INC. (LOTS 11 & 6)  
P. O. BOX 679  
PORTLAND, MAINE 04104  
ROBERT B. & LINDA M. RAY (LOT 14)  
RR#1 BOX 695  
MANCHESTER, N.H. 04351
- TAX MAP REFERENCE:  
CITY OF PORTLAND TAX MAP 292, BLOCK D, LOTS 11, 6, & 14.
- DEED REFERENCES:  
(LOT 11) BOOK 11723, PAGE 244  
(LOT 6) BOOK 11723, PAGE 244  
(LOT 14) BOOK 11723, PAGE 248
- PROJECT BENCH MARK:  
6" NAIL IN UP#6 1.0' ABOVE GROUND ON SOUTHERLY  
SIDE OF WARREN AVENUE. ELEV. = 104.59' CITY DATUM
- BASIS OF BEARING:  
BEARINGS DEPICTED HEREON ARE BASED ON THE NORTHERLY  
SIDELINE OF WARREN AVENUE AS SHOWN ON PLAN REFERENCE  
#6A. SAID BEARING BEING N 87° 25' W MAGNETIC NORTH  
MARDIAN 1944.
- PLAN REFERENCES:  
A. PLAN TITLED "RECORDING PLAT OF SOUTHWORTH SUBDIVISION"  
DATED DECEMBER 24, 1985 BY SEBAGO TECHNICS, INC. AND  
RECORDED IN THE CUMBERLAND COUNTY REGISTRY OF DEEDS  
PLAN BOOK 157, PAGE 28.  
B. PLAN TITLED "FOREST PINES FINAL SUBDIVISION & CONDOMINIUM  
PLAN" DATED MAY 28, 1981 BY LAND USE CONSULTANTS AND  
RECORDED IN THE CUMBERLAND COUNTY REGISTRY OF DEEDS  
IN U.O. FILE #64.  
C. PLAN TITLED "RECORDING PLAT (STANDARD APRIL) OF  
FOREST AVENUE APARTMENTS" FOR CMRS IV DATED APRIL 22,  
1994 BY SEBAGO TECHNICS, INC.  
D. PLAN TITLED "MARKETING PLAN OF SOUTHWORTH & PIERCE LOT"  
FOR KEY BANK OF MAINE DATED MAY 3, 1994 BY SEBAGO TECHNICS,  
INC.  
E. STANDARD BOUNDARY SURVEY BODY EXCLUSIVE FITNESS CENTER  
WARREN AVENUE PORTLAND, MAINE FOR BENTLEY HOLDINGS INC.  
DATED SEPT. 1994 BY BH2M, INC.

SYMBOL	DESCRIPTION
○ or ○	IRON ROD/IRON PIPE FOUND
○ with R	5/8" IRON ROD W/ CAP TO BE SET
○ with U	UTILITY POLE
○ with S	SANITARY SEWER MANHOLE
○ with W	WATER VALVE
○ with H	HYDRANT
○ with C	CATCH BASIN
.....	EDGE WETLANDS
*	LIGHT POST
---	EDGE PAVEMENT
---	PROPERTY LINE
---	EASEMENT LINE
A.C.	ABOVE GROUND
N/F	NOW OR FORMERLY
○	STOCKADE FENCE
100	EXISTING CONTOUR
~~~~~	TREELINE



I CERTIFY THAT THIS SURVEY CONFORMS  
TO THE MAINE BOARD OF LICENSURE  
FOR PROFESSIONAL LAND SURVEYORS  
TECHNICAL STANDARDS OF PRACTICE  
FOR A STANDARD BOUNDARY SURVEY,  
WITH THE FOLLOWING EXCEPTIONS:

- NO SURVEYORS REPORT
- NO DEED DESCRIPTION
- PINS NOT SET AT ALL CORNERS.

ROBERT C. LIBBY JR. PLS #2190

NO.	DATE	REVISION DESCRIPTION

BH2M  
Berry \* Huff \* McDonald \* Milligan Inc.  
ENGINEERS \* SURVEYORS \* PLANNERS  
28 State Street, Concord, Maine 04036, (207) 639-2771

FOR  
Mark Gray  
JANNA  
RR 2 Box 444  
Oxford, Maine 04270

STANDARD BOUNDARY  
SURVEY & EXISTING  
CONDITIONS PLAN  
LAND OF  
BENTLEY HOLDINGS INC.  
WARREN AVENUE  
PORTLAND, MAINE 04104

DESIGNED R. LIBBY, JR.	DATE MARCH 2004
DRAWN R. LIBBY, JR.	SCALE 1" = 40'
CHECKED W. PELKEY	JOB. NO. 04030

SHEET  
1

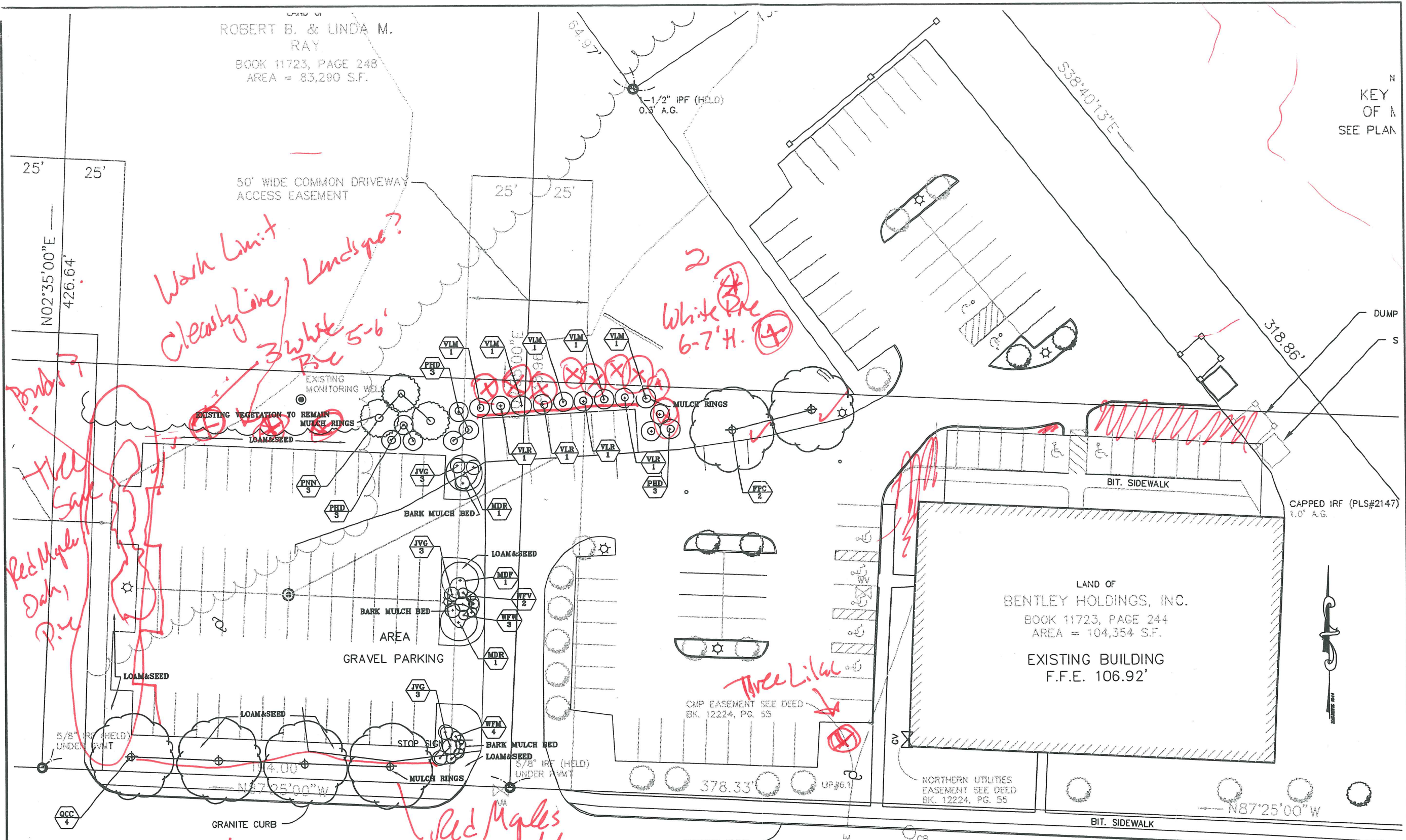
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ROBERT B. & LINDA M. RAY  
 BOOK 11723, PAGE 248  
 AREA = 83,290 S.F.

50' WIDE COMMON DRIVEWAY  
 ACCESS EASEMENT

KEY  
 OF  
 A  
 SEE PLAN

NO.	DATE	DESCRIPTION



**JAMM**  
 Civil and Structural Engineering  
 185 Leon Point Lane, Poland Spring, ME 04274  
 207-998-7017 Fax: 207-998-7017

BENTLY HOLDINGS, INC.  
 BODY EXCLUSIVE  
 FITNESS CENTER  
 WARREN AVENUE  
 PORTLAND, MAINE

LANDSCAPE  
 PLAN

DESIGNED JF	DATE 5-12-04
DRAWN JF	SCALE AS SHOWN
CHECKED FC	JOB. NO. 2004005

SHEET NO.  
 11

APPROVED ON BEHALF OF THE  
 STATE OF MAINE  
 FRANCIS A. CUSHING  
 # 63  
 REGISTERED  
 LANDSCAPE ARCHITECT

**F.A.Cushing, Inc.**  
 Master Planning  
 Landscape Architecture  
 8 Cumberland Street  
 Brunswick, Maine 04011  
 Tel. (207) 728-7788 Fax. (207) 728-7788

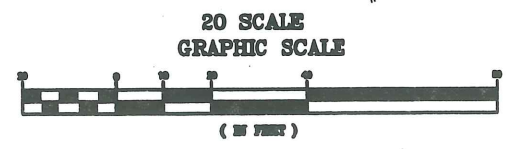


WARREN AVENUE

OR Row of Austrian Pine 6-7' 20' o.c.

Red Maples to match existing...

SITE BENCH MARK  
 6" NAIL IN UTILITY  
 POLE #6. ELEV. = 104.59'



PLANTING NOTICES

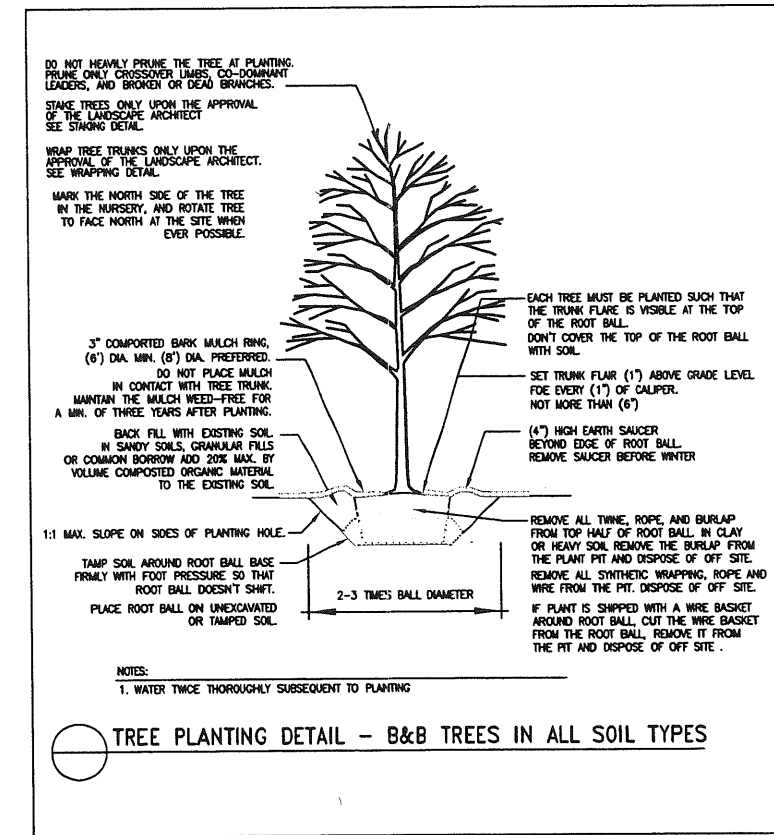
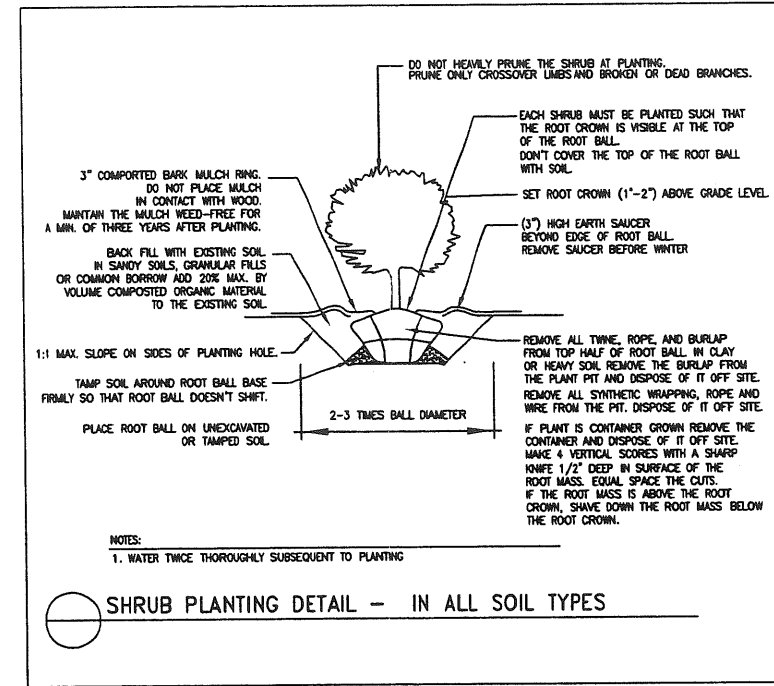
Date: April 15, 2004

Client Name: Body Exclusive Fitness Center  
 Address: Warren Ave. Portland, Maine  
 Description:

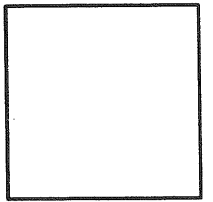
PLANT SCHEDULE

ID NO.	BOTANICAL NAME	COMMON NAME	QTY.	SIZE
<b>Trees:</b>				
PPC	Fraxinus pennsylvanica 'Cinnzani'	Cinnamon Ash	2	2.5"
WDF	Malus 'Framo Fire'	Red Crabapple	1	1-3/4"
MDR	Malus 'Robinson'	Pink Crabapple	2	1-1/2"
PNN	Pinus nigra	Austrian Pine	3	6/7'
QCC	Quercus coccinea	Scarlet Oak	4	2.5"
<b>Shrubs:</b>				
JVG	Juniperus virginiana 'Grey Owl'	Grey Owl Juniper	9	#5
PHD	Physocarpus opulifolius 'Diablo'	Purple Ninebark	9	3/4'
VLM	Viburnum lentanae 'Mokican'	Mokican Viburnum	5	4-5'
VLR	Viburnum x rhytidophyloides 'Allegheni'	Allegheni Viburnum	4	5' tall
WFM	Weigela florida 'Almuet'	Almuet Compact Weigela	4	#2
WVW	Weigela florida 'Variegata Nana'	Dwarf Variegated Weigela	2	#2
WFW	Weigela florida 'Wine and Roses'	Wine & Roses Weigela	3	#2

- Composted bark mulch shall be spread on all shrub beds and tree pits 3" deep but not touching the trunk.
- Plant material shall conform in all ways to the minimum standards set forth in The American Standards for Nursery Stock, published by the American Association of Nurserymen, 230 Southern Building, Washington, D.C. The following sections shall apply: Section 1, Section 2, Section 3, Section 5, and Section 11.
- No fertilizer shall be applied to new plantings. Only Super-Phosphate may be used to promote rooting. See the maintenance plan for subsequent fertilizing requirements.
- Any substitute for plant material species or size must be consulted with and approved by the Landscape Architect. The plant schedule shall have precedence over any conflicts with plant quantities on the plan. Notify the Landscape Architect of any conflict.
- All grading and construction must be complete before planting can be installed.
- All areas disturbed by construction and those areas indicated as lawn shall be loam spread to a depth of 4" and shall be seeded.
- Seeding shall be performed in accordance with M.D.O.T. specifications section 618.09 method one or method two. Lime: 3 tons/acre. Fertilizer: 10-10-10-, 14 lbs./1,000 sq. ft. Seeding shall be performed April 15<sup>th</sup>-June 15<sup>th</sup> or August 15<sup>th</sup>-October 1<sup>st</sup>.
- Seed Mix One** shall be: Allen, Sterling & Lathrop 'Tuffturf', 70% Diamond Tall Fescue, 20% Pleasure Olus Perennial Ryegrass, 10% Baron Kentucky Bluegrass. Seeding rate shall be 7-lbs./1,000 sq. ft. **Seed Mix Two** shall be: Wildflower Meadow: (SEED) *Festuca ovina* Sheep Fescue; sow at a rate of 12 oz. per 1,000 sqft. *Trifolium repens* White Clover; sow at a rate of 1/2 oz. per 1,000 sqft. (FLOWERS) *Achillea millefolium* Yarrow, *Aquilegia canadensis* Columbine, *Asclepias tuberosa* Butterfly Milkweed, *Aster novae-angliae* New-England Aster, *Baptisia australis* Wild Indigo, *Boltonia asteroides* False Aster, *Chrysanthemum leucanthemum* Oxeye Daisy, *Digitalis purpurea* Foxglove, *Echinacea purpurea* Purple Coneflower, *Lupinus perennis* Lupine, *Monarda fistulosa* Bergamot, *Papaver orientale* Oriental Poppy, *Rudbeckia hirta* Black-Eyed Susan, *Salvia officinalis* Sage; sow at a rate of 1/3 oz. each per 1,000 sqft. or 4 oz. per 1,000 sqft. in combination
- All areas to be seeded shall be mulched. Mulch shall be long fiber hay or straw and spread at a rate of two ton/acre.
- The Landscape Architect shall approve plant spacing prior to planting.
- Installation of plant material and lawns shall be in accordance with part 1, 2, 3 and 4 of the Maine Nurserymen's Association Landscape Contract Specifications, Dec. 1989. Evergreen trees 8' and taller must be staked.



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