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April 16, 2018

Mr. James Travers
Bureau Chief
Office of Operations Transportation
Traffic and Parking
City of Stamford Government Center
888 Washington Blvd.
Stamford, Connecticut 06901

**Subject: Response to Comments – February 6, 2018 Memorandum –
Proposed LifeTime Fitness Building, High Ridge Park, Stamford,
Connecticut**

Dear Ms. Travers:

As requested, the following sections provide a response to comments to assist in your ongoing review of the Application with the City to construct a LifeTime Fitness Building and the demolition of a vacant office building within the High Ridge Office Park.

Comment 1 – Provide clarification on how the minimum of one parking space per 300 square feet of building area was determined. A parking needs study shall be performed including comparison to similar businesses and other LifeTime Fitness locations.

Response

The general standard gymnasium and culture centers in the CD Zone is for one space per 300 square feet; however, the City has requested a change in this standard in the CD zone to develop sensible and flexibility use of parking in the CD Zone to provide 3 spaces per 1,000 square feet for the entire CD Zone.

As part of the Site Plan review a Parking Needs Study shall be conducted at a similar LifeTime Fitness location. However, it is important to note that most LifeTime Fitness facilities are much larger than the proposed 99,000 square-foot building to be located in Stamford.

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Comment 2 – Tables 4 and 4A in the site traffic modifications and comparisons report prepared by Frederick P. Clark Associates, Inc., dated January 3, 2018 included an internal capture of 35 percent. The note refers to a decision by the Connecticut Department of Transportation, Bureau of Policy and Planning and which allowed a 35 percent credit for internal trip capture on the subject property. Provide the supporting documentation for this credit.

Response

An email received from the Connecticut Department of Transportation, Planning Division, is attached for reference purposes. It indicates that a 35 percent credit was approved for the completion of the study for this specific LifeTime Fitness Building. Although the original traffic analysis and documentation submitted to the City was based on an internal capture of 35 percent, in response to concerns from residents the Applicant recalculated it at 15 percent to reflect the reduced size of the building from 114,000 to up to 99,000 square feet of building floor area. In the letter prepared by our office and dated April 12, 2018 it provides a description and basis for reducing the internal capture from 35 percent to 15 percent.

It is important to note that even with the lower internal capture credit the proposed LifeTime Fitness Building will generate less traffic than a fully occupied medical building comprising 88,888 square feet of floor area. The reason for using a medical building estimate for traffic to occupy the vacant office building located in the High Ridge Office Park and compare it to a LifeTime Fitness Building replacement is that there is no market for general office in office parks throughout the region. Many companies now prefer being located in a downtown business district, such as downtown Stamford and the office park market in Stamford north of the downtown is a clear example of these changing market conditions. Therefore, it was appropriate to compare a reoccupied Building #3 as a permitted medical office use and to compare this with the proposed LifeTime Fitness Building proposal.

The median age of members at a LifeTime Fitness Center is 42 years old. Further, at High Ridge Office Park there were as many as 1,500 employees in the buildings at full occupancy. Also, note that this office park comprises 506,558 square feet of floor area. Therefore, the internal capture of 15 percent is reasonable and conservative.

As part of our discussions with ConnDOT to develop an appropriate trip rate for the LifeTime Fitness Center it was determined appropriate to use the Institute of Transportation Engineers (ITE) trip rates from the publication entitled "Trip Generation Manual," 9th Edition, published in 2012, to estimate site-generated traffic for this proposed development. Specifically, the category of Health/Fitness Club, Land Use Code #492 was used. In ITE the description of a Health/Fitness Club is a privately

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owned facility, with a focus on individual fitness or training. This would include exercise classes, weight lifting, fitness and gymnastic equipment, spas and locker rooms. This land use could also include ancillary facilities, such as swimming pools, whirlpools, saunas, tennis, racquetball and handball courts. These facilities are membership clubs and may allow access to the general public for a fee. This fits the description of the LifeTime Fitness Center.

Another category, which in our opinion and that of ConnDOT did not apply, would be an Athletic Club. Athletic Clubs may have similar uses; however, include competitive team sport activities and social facilities. The LifeTime facilities do not provide competitive team sport activities for the activities. By comparison, for activities at the Italian Club, the Athletic Club ITE category was used to account for its expansion. Refer to the attached ITE description.

Comment 3 – Roadway and Intersection Improvement aimed at improving traffic mobility and reducing speeds for the following roads and intersections shall be coordinated with the TTP.

- Buxton Farm Road;
- Turn of River Road; and,
- Turn of River Road at High Ridge Road.

Response

The Applicant is committed to continuing to work with the City, and as necessary the Connecticut Department of Transportation, to address traffic calming measures to improve overall safety, reduce speed and enhance pedestrian and bicycle activity on each of the roadways and intersections noted above, during the Site Plan review process.

