

**From:** [Ritman, James](#)  
**To:** [Ritman, James](#)  
**Cc:** [Board of Representatives](#); [Michelson, Bradley](#); [Watkins, David](#); [de la Cruz, Virgil](#); [Saftic, Ines](#); [Adams, Terry](#); [Coleman, Elise](#); [Cottrell, Megan](#); [Roqueta, Robert](#); [DePina, Gloria](#); [Wallace, Lila](#); [Patterson, Denis](#); [Summerville, Annie](#); [DiCostanzo, Monica](#); [Miller, Lindsey](#); [Figueroa, Anabel](#); [Sherwood, Nina](#); [Pratt, Rodney](#); [Stella, Jeffrey](#); [Giordano, Philip](#); [Moore, Mavina](#); [Liebson, Alice](#); [Zelinsky, John](#); [Jacobson, Jonathan](#); [McGarry, Marion](#); [Graziosi, Anzelmo](#); [Morson, Eric](#); [Lutz, Diane](#); [Lee, Benjamin](#); [Pendell, Tom](#); [Kolenberg, Steven](#); [Quinones, Matt](#); [Aquila, Marc](#); [Fedeli, Mary Lisa](#); [McMullen, J.R.](#); [Pia Jr., Charles](#); [Lion, Bob](#); [Matherne, Raven](#); [Mahoney, Dennis](#); [Nabel, Susan](#)  
**Subject:** LifeTime Fitness Stamford  
**Date:** Tuesday, July 17, 2018 6:43:32 PM

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To Local Stamford Representatives,

I am in favor of the approved regulation to allow Gymnasium and Physical Culture Establishments to be located in our corporate office parks (C-D Zones), and in particular to enable LifeTime Fitness to request a Special Exception and Site Plan application at High Ridge Office Park. I urge the Board of Representatives to uphold the Zoning Board approval. I have seen firsthand what the LifeTime Fitness has done for White Plains and Westchester County in a similar office park surrounded by high end residential homes/communities. The impact is hard to quantify but if you ask residents and business owners within White Plains and Westchester County there is an overwhelming level of satisfaction from residents and employees being able to use this facility. It has made a tremendous positive impact on the community. Likewise I travel around the country and have seen firsthand how LifeTime Fitness helps to transform office parks when they come and open their business. I would think a LifeTime Fitness at High Ridge Office Park would have the same positive impact on that area and that office environment.

Thank you for your consideration. I hope you do what is right for Stamford and for the community by allowing this fitness use within High Ridge Office Park. It makes sense for the greater good of Stamford.

Sincerely & Regards,  
James Ritman

**James Ritman**  
Executive Vice President & Managing Director

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Newmark Grubb Knight Frank  
680 Washington Boulevard, 8th Floor  
Stamford, CT 06901



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**From:** [de la Cruz, Virgil](#)  
**To:** [Rosenson, Valerie](#)  
**Cc:** [Pia Jr., Charles](#)  
**Subject:** Fw: Sterling Lake  
**Date:** Saturday, July 21, 2018 1:20:32 PM

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Valerie,

Not sure if this was sent only to me. If so, please distribute to the full Board.

Virgil

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**From:** Robert Martino <bob@martinocommunications.com>  
**Sent:** Saturday, July 21, 2018 1:07 PM  
**To:** de la Cruz, Virgil  
**Subject:** Sterling Lake

Dear Mr. de la Cruz:

At the public hearing on Thursday evening I spoke before your committee on the subject of the noise that would be generated by the outdoor activities at Lifetime Fitness, but I did not tell you how that noise would affect my life as a homeowner on Sterling Lake.

I am 72 and my wife is 68. In early 2017, we bought our house, Unit 5 in Sterling Lake, intending it to be the home for our old age. It was the largest investment in our lifetimes. We own no other property.

The house is across the pond from Building 3 in High Ridge Park, where Lifetime Fitness would be built. Late in 2016, when we were considering the purchase, we were concerned about the building, which we could clearly see from the house. We asked our realtor and real estate lawyer to contact the Zoning Commission, which informed them that High Ridge Park always was an office park, with no plans for change. Imagine our surprise, a week or two after closing, when we received a letter from attorney Hennessy announcing the application for a text change to enable a Lifetime Fitness facility to be built in place of Building 3.

My point is that, like other homeowners in the vicinity of High Ridge Park, we bought our property with the understanding that the location ensured a degree of peace and quiet.

In the case of Sterling Lake, peace and quiet are prime reasons why people invest in houses there. The pond and surrounding wetlands make up a nature preserve, with fish, turtles, frogs, ducks, herons, deer, and songbirds. This morning on my deck I watched a white heron with a foot-long neck wading along the shore, looking for food. It's a lovely place.

From the deck we can hear traffic on the Merritt Parkway as steady "white noise" that we habitually tune out. But it is important to point out that we do hear the noise, in spite of the fact that we are separated from the Parkway by all of High Ridge Park as well as thick stands

of trees in full leaf on either side of it. Imagine how clearly we would hear the outdoor activities at Lifetime Fitness. Nor could we simply tune out the sound of amplified music from the swimming pools and the roar of hundreds of voices on a summer day.

If you would like to know more about Sterling Lake, I invite you to visit our house and view the lake from our deck. Just let me know when you can come.

Yours truly,  
Bob Martino  
5 Sterling Lake  
203-588-1968

**From:** [de la Cruz, Virgil](#)  
**To:** [Rosenson, Valerie](#)  
**Cc:** [Pia Jr., Charles](#)  
**Subject:** Fw: vote no to change in zoning to allow lifetime fitness  
**Date:** Tuesday, July 24, 2018 12:02:10 PM

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Valerie,

Forwarding this email for redistribution; it appears, but not sure, to have been sent only to me.

Thanks,

Virgil

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**From:** Melissa Chefec <mchefec@gmail.com>  
**Sent:** Tuesday, July 24, 2018 9:30 AM  
**To:** de la Cruz, Virgil  
**Subject:** vote no to change in zoning to allow lifetime fitness

Hello,

I am writing to ask that you vote no to the change in zoning to allow lifetime fitness. I am a resident of North Stamford and feel that there is too much development in Stamford already, that a project the size and scope of LifeTime Fitness would create traffic and unneeded congestion in an already compromised area. I don't believe this is will be a benefit to Stamford and moreover I worry that it will open the door for further development of it's kind.

Thank you for your service to our City.

Melissa Chefec  
38 Gray Birch Road  
Stamford, CT 06903