



**RACINE FIRE DEPARTMENT**  
**Chief's Office: 262-635-7911**

February 4, 2010

Honorable Mayor and  
Common Council

Dear Honorable Mayor and Common Council:

The Fire Chief is requesting permission to carry forward \$25,000 from Budget Year 2009 Account 101.300.5470 (Garage Fuel) to Budget Year 2010 Account 101.300.5770 to acquire Physical Fitness treadmill equipment in support of the Peer Fitness training initiative as delineated in the 2009-10 Collective Bargaining Agreement between the City of Racine and the Racine Fire Fighters Local 321. As of February 3<sup>rd</sup>, 2010, this account had a balance of \$25,901, before this requested carry-forward.

Fitness professionals around the world recommend the treadmill more than any other piece of exercise equipment because it is functional, easy to use and when used correctly, provides an ideal way to strengthen and improve cardiovascular health. Our goal here is to replace existing treadmills that are more than 10 to 15 years old and are at a point in time where maintenance costs are exceeding the return on investment.

Since the fire department initiated our physical fitness program almost 20 years ago, the department has acquired and utilized treadmills that were more appropriate for home-use and not well suited for commercial, daily use. All of our treadmills are used daily by on-duty firefighters, to workout getting their cardiovascular exercise. Firefighters run and jog on the treadmills as part of a total physical fitness workout for 30 – 60 minutes per day. Needless to say, our current treadmills have seen better days and are in need of replacement.

Since the inception of the physical fitness program, and most recently, the contractual agreement to create the Peer Fitness Training Program, updating our physical fitness equipment is a high priority. As we continue to encourage physical fitness on the fire department, this has contributed to our ability to work harder and longer at all fire and emergency medical calls for help in the City of Racine. The need to work harder and longer is born out of necessity with the downsizing of the fire department over the last twelve (12) years. Additionally, a healthier work force creates a more positive work environment, in addition to reducing the fire department's usage of City's health care benefits. Fewer trips to the doctor's office and the emergency room have contributed to containing the City's health care costs for the fire department over the last several years. Additionally, by creating a healthy lifestyle for current fire department employees, we anticipate that healthy lifestyle will continue into retirement and continue to hold the line or reduce long-term health care costs.

The treadmills we plan to acquire are priced at about \$4,000 each. The treadmills contain an integrated heart rate monitor, in addition to a graphic display of workout effort, timers and mileage odometers. It is important to keep track of your heart rate during workouts, as there are standards to be targeted in order to maximize the workout. We anticipate acquiring nine (9) treadmills for this project. Fire stations that have two or more fire or EMS companies assigned will receive two (2) treadmills, and fire stations that have one fire/EMS companies assigned will receive one treadmill. Total estimated costs are \$36,000 with \$11,000 coming from our State HazMat funds as part of our HazMat commitment to physical fitness.

Respectfully submitted,

Steve Hansen, Fire Chief