



City of Conway – Mayor’s Office
1201 Oak Street
Conway, AR 72032
www.cityofconway.org



Invitation and Bid 2009-44

INVITATION

TO THE VENDOR ADDRESSED:

Bidders are invited to furnish the items listed herein in accordance with the terms and conditions attached. **Sealed** bids must be in the Mayor’s office no later than **Monday, October 19, 2009 @ 10:00am**, at which time all bids will be opened and read in the Downstairs Conference Room in City Hall. After a technical review, the successful bidder will be notified by the Parks & Recreation Department. The City of Conway reserves the right to reject any and all bids.

Unsigned bids will be rejected.

**City of Conway Police Department
Fitness/Health Center Equipment**

*****SPECIFICATION FOR FITNESS/HEALTH CENTER EQUIPMENT*****

1. Precor C954i Commercial Treadmill

Qty: 2

Specs

Length	88 in (224 cm)
Width	35 in (89 cm)
Height	64 in (163 cm)
Weight	508 lbs (231 kg)
Shipping Weight	549 lbs (249kg)
Belt	60 in x 20 in (153 cm x 51 cm)
Motor	4.0 hp peak duty AC motor
	<u>Outlet for treadmill only:</u> (Personal Viewing Screen requires separate outlet) <u>US & Canada</u> - 120 VAC, 50/60 Hz, 16.5A, 1980W, Dedicated 120V/20A circuit with 5-20R NEMA receptacle or 240 VAC, 50/60 Hz, 11.5A, 1932W, Dedicated 240V/20A circuit with 6-20R NEMA receptacle <u>International</u> - 240 VAC, 50/60 Hz, 11.5A, 1932W, IEC 320-C19 inlet supporting Schuko and BSI plugs
Power	
Speed	0.5 to 12 mph (1-19.3 kph)
Incline	0% to 15%, in 0.5% increments
Frame	Powder-coated steel
Regulatory Approvals	FCC, ETL, CE, EN957

Features

CSAFE Compatible	•
Ground Effects® Cushioning System (GFX)	•
Integrated Foot Plant Technology™ (IFT)	•
Quick Start™	•
Reversible Deck	•
Smart Rate®	•
Top Speed	12 MPH
Touch Heart Rate	•
Wireless Heart Rate	•

Programs

Aerobic	1
Fitness Test	1*
Heart Rate Control	1
Interval	1
Manual	1
Random	1
Track	1

Electronic Readouts

Average Speed	•
Calories	•
Calories per Minute	•
Display	Experience Series™
Distance	•
Heart Rate	•

- Incline/Decline •
- METs •
- Pace •
- Profile •
- Remaining Time •
- Segment Time •
- Smart Rate® •
- Speed •
- Time •
- Time Elapsed •
- Workout Summary •

**Fitness Test is the Gerkin firefighter protocol. It can be enabled in diagnostic mode at the owner's discretion. If enabled, it will replace the Track program.*

Warranty: Seven yrs. Frame, five yrs. Display face assembly, three yrs. Motor controller, one yr. Durable parts, two yrs. Parts, and one yr. Labor. (Five years on Drive Motor)

2. Precor AMT100i Adaptive Motion Trainer Qty: 1

Specs

Length	74 in (188 cm)
Width	28in (71 cm)
Height	69 in (175 cm)
Weight	445 lbs (202 kg)
Shipping Weight	520 lbs (236 kg)
Regulatory Approvals	FCE, ETL, CE, EN957
Maximum stride length	27 in (69 cm)
Minimum stride length	Climber motion 0 in (0 cm)
Footplate dimensions	14.5 x 7.5 (37 x 19 cm)
Height of foot at highest position	18.5 in (47 cm)
Height of footplate at lowest position (step up)	5.5 in (14 cm)
Maximum pause time	30 seconds
Maximum user weight	350 lbs. (159kg)
Maximum workout time	240 minutes
Resistance levels	1-20 (18-720 watts)

Features

- Adaptive movement •
- Contralateral arm movement•
- CSAFE Compatible •
- Dual-plane resistance •
- QuickStart™ •
- Self-powered •
- SmartRate® •
- Tap Control™ •
- Touch Heart Rate •

Programs

- Fat Burner •
- Heart Rate Control•

- Interval •
- Manual •

Precor Cardio Warranty: Seven yrs. Frame, five yrs. Display face assembly, three yrs. Motor controller, one yr. Durable parts, two yrs. Parts, and one yr. Labor.
(One Year Battery)

3. Hoist Pulley System Qty: 1

Product Specifications:

Length:	42.00" (107 cm)
Width:	99.50" (253 cm)
Height:	91.25" (232 cm)
Weight:	949 lbs. (431 kg)

- 28 adjustable exercise positions in 2.5" increments
- Integrated adjuster system provides smooth and easy one-handed adjustments
- Dual pulley support shafts angle forward for bilateral and unilateral exercises
- Stabilizing hand grips provide added support for standing exercises
- Integrated accessory rack for convenient storage of accessories

4. Accessory Kit Qty: 1

Specs:

(2) Metal Handles; (1) Triceps Rope; (1) Close Grip Row; (1) V-Bar Triceps

5. 3-Way Olympic Bench Flat/Incline/Decline Qty: 1

Product Features:

- Spotter stand provides more leverage and better positioning
- Maximum storage weight: 870 lbs. (395 kg)
- 10 adjustable back pad positions from -15° to 30° in 5° increments to accommodate incline, flat and decline bench exercises
- 16 adjustable linear adjustments to accommodate the varying user heights
- Integrated dual position foot rests to accommodate proper exercise positions
- Incorporates 12 weight plate holders for easy storage

Product Specifications:

Length:	79.00" (201 cm)
Width:	65.00" (165 cm)
Height:	56.25" (143 cm)
Weight:	384 lbs. (174 kg)

6. Hoist Commercial Super Flat/Incline/Decline Qty: 1

Product Features:

- 7 back pad positions adjust from -15° to 80° for flat, incline and decline bench exercises
- Self-aligning roller pads provide leg support during exercises
- Gas-shock assisted seat easily adjusts into 5 seat positions for varying user heights
- Integrated hand grip and wheels provide tilt 'n roll capability for easy storage
- Weight capacity 1,000 lbs. (454 kg)

7. Hoist Commercial Flat/Incline Bench Qty: 1

Specs

Length 54.3 in. (139.92 cm)
Width 25.8 in. (65.53 cm)
Height 39 in. (99.06 cm)
Unit Weight 80.5 lbs. (36.6 kg)

Features Include: Wheels and handle for easy placement. Adjusts from a flat to 90 degrees and offers separate seat and back adjustments for custom comfort

Warranty: Lifetime Frame; Ten years parts, Ten years paint, cables and upholstery

8. Hoist ROC-IT Leg Press Qty: 1

Product Features:

- ROX™ Technology creates a dual action exercise movement that moves the user support and foot plate simultaneously
- Head and shoulder support adjusts to accommodate varying body sizes
- Easy to access lockout mechanism, automatically disengages at the start of the exercise
- Oversized foot plate provides multiple foot placements for both leg press and calf exercises

9. Hoist 7 Degree Smith Machine Qty: 1

Product Features:

- 7° angle on linear exercise movement
- EZ-LOC LATCHING MECHANISM™ automatically locks and unlocks weight bar and safety stops
- Easy one-handed adjustable safety stops
- Incorporates 10 weight plate holders for easy storage
- Starting weight of Olympic bar: 25 lbs. (10 kg)
- Maximum storage weight: 1350 lbs. (610 kg)

Product Specifications:

Length: 51.25" (130 cm)
Width: 88.50" (225 cm)
Height: 84.00" (213 cm)
Weight: 663 lbs. (301 kg)

10. Hoist Mid-Row/Lat Pulldown Qty: 1

Product Features:

- Telescoping chest and back pad with integrated thigh hold-down provides proper positioning and support for pull down and mid row exercises
- Dual position hand grips for mid-row exercises
- Includes ultra lite aluminum lat bar for lat pull down exercises

Product Specifications:

Length: 53.25" (136 cm)
Width: 49.00" (125 cm)
Height: 89.25" (227 cm)
Weight: 534 lbs. (243 kg)

11. Hoist Pec Fly/Rear Delt Qty: 1

Product Features:

- Swiveling handles with rotating grips provide multiple hand positions
- Adjustable range-of-motion exercise arms for pec fly or rear delt exercises
- Each exercise arm has dual pivots for user defined exercise path

Product Specifications:

Length: 61.75" (157 cm)
Width: 61.00" (155 cm)
Height: 78.75" (201 cm)
Weight: 576 lbs. (262 kg)

12. Hoist Weight Tree with Bar Holders Qty: 1

Product Features:

- Incorporates 12 mar-resistant, nickel-plated weight pegs for easy storage
- Optional Olympic Bar Holders (CF-OPT-02 - Maximum 2 per unit - sold separately)
- Maximum weight capacity 1500 lbs. (680 kg)
- Olympic Bar Holders

Product Specifications:

Length: 43.50" (110 cm)
Width: 43.50" (110 cm)

Height: 51.25" (130 cm)
Weight: 188 lbs. (85 kg)

13. Hoist Horizontal Dumbbell Rack 3 Tier Qty: 1

Product Features:

- Engineered specifically for dumbbells to provide organized storage while requiring minimum floor space
- Strong and durable arched tiers provide a larger weight capacity
- Foot clearance under the lowest tier for easy access and storage
- 3 Tier Dumbbell Rack stores up to 15 pairs
- Maximum storage weight: 4200 lbs. (1905 kg)
- Maximum Weight Per Tier: 1400 lbs. (635 kg)

Product Specifications:

Length: 98.00" (249 cm)
Width: 27.25" (69 cm)
Height: 39.25" (100 cm)
Weight: 255 lbs. (116 kg)

14. Hoist Utility Bench Qty: 1

Product Features:

- Tripod frame design provides greater stability
- Integrated foot rests provide proper exercise alignment

Product Specifications:

Length: 49.00" (125 cm)
Width: 30.00" (76 cm)
Height: 37.25" (95 cm)
Weight: 54 lbs. (25 kg)

15. Hoist Leg Extension/Leg Curl Qty: 1

Product Features:

- Easy-to-use gas shock assisted adjustable back pad accommodates varying leg lengths
- Self-aligning roller pad automatically adjusts to reduce potential stress of the ankle joints
- Multiple range-of-motion adjustments for both exercises

Product Specifications:

Length: 77.25" (197 cm)
Width: 39.75" (101 cm)
Height: 69.00" (176 cm)

Weight: 735 lbs. (334 kg)

Warranty Info—COMMERCIAL WARRANTY: Lifetime Frame, 5 years moving parts, 1 Year paint, cables & Upholstery.

16. USA Sports SD-R, VTX 8 Sided Black

Rubber Hex Dumbbells

Qty: 1,360lbs.

Specs: Black Rubber Coated with a Contoured Chrome Handle. Weight Increments Include: 5, 10, 15lbs in 5lb. Increments; 20lb. – 110lbs., in ten pound increments. (All in Pair)

17. USA Sports VTX Pro Series Olympic 2" Plates Qty: 1,440lbs.

Specs: 2" Rubber encased "wide flanged" 3 hole Grip Plate.

18. USA Sports AOB-1200B 7' Olympic Bar Qty: 1

Specs: 7' Black Zinc Power Bar 32mm Dia. 125,000 PSI rating, pinned sleeve, medium Diamond knurling w/no center knurling. "Limited 5 year warranty/Limited 1 year warranty on bending"

19. USA Sports TOZ-47B Curl Bar Qty: 2

Specs: EZ Curl Bar. Black Finish and Includes Spring Collars

20. USA 5' Olympic Bar Qty:1

Specs: 5' Black Zinc Power Bar 32mm Dia. with medium diamond knurling w/o center knurling.

21. Delivery & Installation: Qty: 1

22. A (1) Year, Bi-Annual Preventative Maintenance Agreement Qty: 1

Additional Information

1. Freight Charges Should be Included in each Item Line
2. This Bid is an "ALL OR NONE" Bid
3. Alternates must meet or exceed Specifications
4. Must be a Precor "Certified" Service Technician and provide documentation of certificate at bid opening.
5. The bidder shall include all charges, including taxes, fees, and shipping (if applicable)
6. The bidder needs to include an anticipated delivery date (if applicable)
7. All bids will be reviewed taking into consideration price, functionality, overall features and on site demonstration. Awarding of bid contingent on available funding.
8. In submitting this bid, it is understood by the undersigned bidder that the right is reserved by the City of Conway to reject any and all bids:

Contact Information:

Chris Kalz
Conway Police Department
501-450-6120

Bid specifications can be obtained from our website:

www.cityofconway.org.

Please mail all bid specifications to:

Mayor's Office
Attn: Felicia Rogers
1201 Oak Street
Conway, AR 72032

****Please be sure to mark envelope:**

Bid Number 2009-44

Bid Opening Date: Monday, Oct 19, 2009



City of Conway Police Department
Bid # 2009-44
Fitness/Health Center Equipment
Opening Date: Monday, Oct 19, 2009
City Hall - Downstairs Conference Room @
10:00am
www.cityofconway.org

Bid Price for Fitness/Health Center Equipment: \$ _____

Unsigned bids will be rejected:

Authorized Agent Bidding on this project:

Company Name

Company Representative Name

Representative's Signature

Address

Email Address

City

State

Zip

Telephone Number

Fax Number

Date

Please feel free to submit additional information on this bid on a separate sheet of paper; however this sheet should be included & signed with any bid submitted

City of Conway
TERMS AND CONDITIONS

Important – Read Carefully

By Submission of bid, bidder certifies that he has read all terms and conditions and that bid is submitted in accordance therewith.

1. Prices quoted will be considered to be net prices unless otherwise stated by the bidder. Cash discounts requiring payments in less than 30 days will not be considered in making awards.
2. Prices quoted shall be FOB Conway unless otherwise specifically stated on proposal. In either case, delivery charges must be prepaid.
3. All fees and taxes shall be included in prices quoted.
4. Bidder certifies that he will make delivery of items for which he bids within 10 days after receipt of award – unless otherwise specifically stated. Time of delivery in excess of 10 days may be considered a factor in making awards.
5. In case of default of contractor in making deliveries as per contract, the City may procure the articles or services from other sources and hold the contractor responsible for all excess costs occasioned thereby. Bidder's record as to satisfactory performance under previous contracts will be considered a factor in making awards and retention on bid lists.
6. The City reserves the right to reject any or all bids, in part or in whole and to waive information in bids received.
7. If not otherwise specified, bidder must furnish brand names with catalog number, if any, on items which are offered as "equal." In all such cases the burden of establishing equality is upon the bidder and failure to do so within a reasonable time may result in rejection. Alternative bids will not be considered unless no other type bid for the item is received.
8. In the case of equal or tie bids, preference will be given to Arkansas bidders. Other than as stated in the first sentence, awards on tie bids will be made at the discretion of the purchasing official. In such cases, "splitting" will be avoided and awards of previous contract(s) to one or more of the bidders will not be a factor.
9. In the event that bidder is unable to furnish all of an item, bids on portions thereof may be considered.
10. Final inspections and acceptance or rejection will be made after delivery. Items rejected because of non-conformance shall be removed and replaced immediately with those which meet specifications, all at the expense of the contractor. In the event that necessity requires the use of non-conforming items, payment therefore will be made at a proper reduction in price which shall be not greater than contractor's actual cost by purchase, fabrication, manufacture or other production method plus transportation paid to carriers. All costs in connection with testing items that do not meet specifications shall be paid by contractor.
11. Quality, time of performance, probability of performance, and location of bidder will be factors in awards of all contracts.
12. The City reserves the right to purchase any, all or none of the items listed, in combinations thereof that may be in the best interest of the City of Conway.
13. The City reserves the right to change any specifications, terms and/or conditions at any time, with adequate notice in writing to bid invitees of those changes, if any.
14. The City is qualified for "GSA" pricing schedules, if available and applicable.
15. The City reserves the right to waive any informalities or minor defects, but this shall not be construed to indicate waiver of any specification, term and/or condition unless in the best interest of the City in the judgment of the City.
16. **CONSTRUCTION/INSTALLATION:** Any construction work that is worth \$20,000 or more must comply with Arkansas Code Annotated § 22-9-204.
17. **PROHIBITED INTEREST CONDITION:** No official of the City authorized on behalf of the City to specify, plan, design, negotiate, make, accept or approve, or take part in specifying, planning, negotiating, making, accepting or approving any construction or material purchase contract or any subcontract in connection with any purchase made by the City of Conway shall become directly or indirectly interested personally in the purchase in the purchase or any part thereof.
18. **EQUAL OPPORTUNITY IN EMPLOYMENT:** All qualified bidders will receive consideration without regard to race, color, religion, sex, age, disability or national origin.