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Short Project Nickname (2-8 words)	Project Description (1-3 lines)	Cost Estimate (incl shipping)	CG Unit	City where the CG Unit is Located	State	District (Geo- graphic)
Base Boston Fitness Center Improvements	Base Gym Improvements/addition of equipment will benefit 800 + Active Duty, Reseve Boston, MA.	\$10,000	Boston Area Units	Boston	MA	D1
MORALE REBOOT AND REPLACEMENT PROJECT	USCGC JUNIPER intends to replace broken, faulty, and outdated audio and visual equipment in all lounge spaces, including the Crew's Lounge, First Class Lounge, the Wardroom, Chief's Mess, and the Captain's Cabin. In addition, the project aims to replace old and overused equipment in the ship's gym / exercise room. Specific items this project intends to acquire are speakers, remote controls, television receivers, Blu-Ray players, interlocking anti-fatigue floor mats, an exercise mat, abmats, kettlebells, dumbbells, exercise balls, and resistance bands.	\$6,225	USCGC JUNIPER	Newport	RI	D1
Patrolling Your Health	Compliance with the Coast Guard's weight standards is a condition of employment. Using the P90X system is a great way to increase health and fitness as a group.	\$140	CG Academy	New London	CT	D1
Treadmill	Life Fitness Treadmill	\$3,065	MLEA, NERFTC	Otis	MA	D1
In Ground Basketball System	Spalding 88365 System. The Station has 2 hoops that are portable and have been damaged due to being put away and brought out so many times, and by unexpected weather. An inground system would be more durable and could not be knocked over by storms. Quote is for 2.	\$1,020	CG Station Provincetown	Provincetown	MA	D1
4-Way Neck Machine	This piece of equipment has been requested for years by the aircrews due to the fact that many of them have incurred neck strain from wearing NVG's for hours at a time. This machine will increase the neck strength, reducing fatigue during NVG flights and increasing safety.	\$990	Group/Airsta Humboldt Ba	Mckinleyville	CA	D11
Gripper	This piece of equipment has been specifically requested by our Rescue Swimmers to allow them to safely increase their grip strength when rescuing survivors in the cold waters of the north west.	\$454	Group/Airsta Humboldt Ba	Mckinleyville	CA	D11
"C2" rowing machines	Current rower is broken. Rowers in general are great workouts and are used regularly in Crossfit workouts by multiple personnel.	\$2,500	Sector San Diego	San Diego	CA	D11
Outdoor BBQ Grill W/Prep Island	Heavy duty permanent grill with hook-up to pre-existing gas line. The grill area will include an island around the grill and a refrigerator, sink, etc. to prep food. This is for All-Hands Morale Events, unit morale fund raisers, and daily use by duty crews. The closest All-Hands cooking area is off-base and not accessible for daily use.	\$7,317	Coast Guard Air Station San Francisco	San Francisco	CA	D11
Malibu Ocean Kayaks	three two-person Malibu Ocean Kayaks as well as paddles and life jackets for the unit's morale locker. The addition of three Kayaks would present Station personnel with tremendous opportunities for team building events to improve unit cohesion and bonding amongst member's dependants.	\$3,720	Station Vallejo	Vallejo	CA	D11
Fitness Equipment to utilize on small cutter.	The TRX workout system will allow the crew of the ship to workout anywhere as space is very limited for traditional workout equipment	\$880	USCGC BLACKFIN	SANTA BARBARA	CA	D11
Cutter Health and Wellness Gear	Dumbell sets, Kettlebell sets.	\$1,898	ALERT	Warrenton	OR	D13
Outfit Learning Center	Station Chetco Learning Center: 2 Mac Pro Quad-Core cost per 2499, @ apple.com, 2 Apple Wireless Keyboard cost per 69.00, @ apple.com, 2 apple Magic Mouse cost per 69.00, @ apple.com, 2 Moshi Mini DP to HDMI Adapter cost per 34.95, @ apple.com, 2 24" Widescreen LED Monitor, part # BX2450 @ samsung.com cost per 389.99 - STA Chetco River does not have an extended learning center. The unit has recently established the Wi-Fi capabilities and these computers would allow online college classes for the 42 personnel crew. Unit POC BMC Evans, 541-469-3885	\$6,124	Sta Chetco River	Brookings	OR	D13

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Rosetta Stone Language Course	Rosetta Stone Languages, 5 Languages/units, levels 1 & 2, on GSA contract	\$1,814	Sta Umpqua Rvr	Reedsport	OR	D13
Stand Up Paddle Boards	Station is requesting new Stand Up Paddle boards. The boards will improve members physical readiness and is a vary good core work out. The request is for two stand up paddle boards so that members can use the buddy system while out on the water.	\$3,000	USCG Station Maui	Wailuku	HI	D14
Ship's Gym Equipment Replacement	Add a Model D Indoor Rower with PM3 Monitor and Dura-Bell Dumbbells (various weight) to cutter's gym. Onboard Dive, Law Enforcement, and Small Boat crews need to maintain high physical fitness standards to operate.	\$2,600	CGC KUKUI	HONOLULU	HI	D14
CGC KISKA's Gym Renovation	Purchase matting, an adjustable dumbbell & kettlebell set, and PPE for the CG gym in Hilo, HI. These small items will be a huge improvement to the only CG gym on the island of Hawaii.	\$2,000	USCGC KISKA (WPB 1336)	Hilo	HI	D14
Bowflex Dumbell and Stand 552	This set is compact and portable, suitable for shipboard use due to size, minimizing the need for space. Would be beneficial to maintain crew fitness and morale while away from home port.	\$1,010	CGC WASHINGTON	Guam	GU	D14
Bowflex gym set	(1) Bowflex Extreme 2 SE Home Gym, Bowflex Selecttech 1090 Dumbbells, Bowflex Selecttech 5.1 Series Bench, Bowflex Selecttech 2-In-1 Stand	\$3,325	CGC ELDERBERRY & CGC ANACAPA	Petersburg	AK	D17
MUNRO Underway fitness	Cardio, calisthenics, weights and boxing equipment for MUNRO gym.	\$3,000	MUNRO	Kodiak	AK	D17
Station Annapolis Crew Lounge	Purchase high quality home theater style seating for our crew lounge.	\$7,000	Station Annapolis	Annapolis	MD	D5
Espinner	StarTrac Espinner to enhance available cardio equipment in Sector Cardio Room	\$4,291	Sector Delaware Bay, Station	Philadelphia	PA	D5
Revitalize Air Station Washington's Gym	Revitalizing the gym and equipment will provide a more accomodating exercise environment, which will encourage more members to use the facility.	\$7,162	Air Station Washinton	Washington	DC	D5
Dumbell set/rack	RUBBER ENCASED HEX 5-50LB DUMBBELL SET PAIRS/BODY SOLID 2 TIER HORIZONTAL DUMBBELL RACK	\$1,258	STA Crisfield	Crisfield	MD	D5
LANT CUTTER FITNESS	COMPLETE FITNESS UPGRADE	\$9,973	NORTHLAND	Portsmouth	VA	D5
Flexing maching	Machine designed to improve flexibility.	\$4,000	TRACEN Yorktown	Yorktown	VA	D5
Softball Set	Get gloves, balls, bases and bats to replace all our old useless equipment.	\$950	USCGC William Tate	Philadelphia	PA	D5
Fitness Equipment for PT	Versa Climber for MWR Gymnasium. Utilized for resistance training and physical therapy.	\$4,100	Base Portsmouth, VA	Portsmouth	VA	D5
Bicycle	Get two bicycles for crew to take bike tours of Philadelphia and ports of call.	\$650	USCGC William Tate	Philadelphia	PA	D5
Pearson VUE/DANTES Test Site Equipment	Purchase non-CG workgroup (Admin workstation), Exam Delivery non-CG w/s, printer, router, and dedicated I-net access to set up Pearson Vue Authorized Test Center at SEC Jax (Two N/S W/S \$3000.00, Printer \$1000, Support tech equip \$1000)	\$5,000	Sector Jacksonville/HITRON/ATG/Cutters local and visiting	Atlantic Beach	FL	D7
LANT CUTTER FITNESS	COMPLETE FITNESS UPGRADE	\$2,700	CONFIDENCE	Patrick AFB	FL	D7
LANT CUTTER FITNESS	FITNESS BANDS	\$70	RESOLUTE	St. Petersburg	FL	D7
LANT CUTTER FITNESS	VENDING MACHINE	\$2,840	VENTUROUS	St. Petersburg	FL	D7
Paddle Boards	Paddle boards are a great way for Sector Personnel to get out on the water and enjoy the Florida Keys. These boards will allow members without boats to get out and see the wild life while getting a workout.	\$1,700	SECTOR KEY WEST	Key West	FL	D7
Paddleboards	MSD Lake Worth would like to purchase 2 Paddleboards and 2 paddles to be used for health, wellness and morale. The boards will be used to paddle in the nearby waterways.	\$1,500	MSD Lake Worth	Riviera Beach	FL	D7
Recreational Item	Nirve Classic 26" 3 speed bike #3690911	\$840	USCGC VISE (WLIC-75305)	St Petersburg	FL	D7
LANT CUTTER FITNESS	CARDIO EQUIPMENT	\$1,325	THETIS	Key West	FL	D7
AIRSTA CLW GYM	TUFF STUFF PF-501 DELUX POWER RACK FOR AIRSTA GYM	\$1,789	AIRSTA Clearwater	Clearwater	FL	D7
LANT CUTTER FITNESS	COMPLETE FITNESS UPGRADE	\$1,850	VALIANT	Miami	FL	D7
Hammer Underway fitness Equipment	Procure weight bench, adjustable weights, heavy bag, and kayaks for U/W Fitness	\$3,000	USCGC HAMMER (WLIC 75	Atlantic Beach	FL	D7

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TENT	FIELD AND STREAM 10X18 ESTATE DOME TENT 2EA FROM DICKSPORTINGGOODS.COM	\$425	STATION FORT MYERS BEA	FORT MYERS BE	FL	D7
Fitness Equipment	Wilson football	\$60	CGC DRUMMOND	MIAMI BEACH	FL	D7
Fitness Equipment	Baden Basketball	\$60	CGC DRUMMOND	MIAMI BEACH	FL	D7
CGC STINGRAY Fitness	To purchase some workout equipment (dumb bell weights, exercise ball, etc.) to keep onboard. Underway 7-10 days a month, it would be beneficial to the crew to be able to work out and continue their fitness routine.	\$3,000	CGC STINGRAY	Mobile	AL	D8
Gym Equipment	Versaclimber Fixed resistance 15 programs 20" step 20" arm reach	\$2,784	Sta. New Orleans	Metairie	LA	D8
GYM EQUIPMENT-AMERICANFITNESS.NET	TROY CAST IRON KETTLE BALL 20LB ITEM# KB-040 (2)	\$182	STATION VENICE	VENICE	LA	D8
GYM EQUIPMENT-NORDICTRACK.COM	NORDICTRACK COMMERCIAL 1750 TREADMILL (2)	\$2,998	STATION VENICE	VENICE	LA	D8
LANT CUTTER FITNESS	COMPLETE FITNESS UPGRADE	\$6,800	DECISIVE	Pascagoula	MS	D8
STA Lake Charles Operation Fitness	Commercial grade elliptical machine	\$3,000	STA LAKE CHARLES	Lake Charles	LA	D8
elliptical	Request 1 Life Fitness X8 elliptical cross trainer to increase unit fitness levels.	\$3,700	STA Charlevoix	Charlevoix	MI	D9
USCG Sector Buffalo Wellness Equipment	An effort to improve the wellness of personnel assigned to the USCG Base in Buffalo NY by providing quality wellness and exercise equipment that will serve the personnel currently assigned , and for our shipmates that serve here well into the future. Treadclimber (\$3299), Bowflex Home Gym (\$3165), Elliptical (\$2964), Gym Equipment (\$572)	\$6,000	Sector Buffalo ANT Buffalo ESD Buffalo RO Buffalo STA Buffalo	Buffalo	NY	D9