

Isolation System Helps Employees Run Smoothly and Quietly

For millions of Americans who are serious about their health, jogging and other forms of exercise are important parts of regular exercise programs designed to achieve personal fitness. Many employers are realizing that a healthy, physically-fit workforce can be more productive, with fewer sick days. One such company is the Liberty National Life Insurance Company of Birmingham, Alabama.

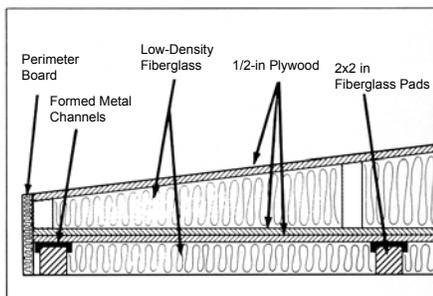
When Liberty National decided to turn unused office space on the 15th

floor of their building into a track and exercise area, they knew that vibration and impact noise from joggers and exercise equipment might adversely affect employees in the offices below. Anticipating this, the company's architects contacted Kinetics Noise Control's Birmingham representative, Charles Walters, during the design phase of construction.

According to Albion Knight, of the architectural firm Warren, Knight & Davis: "We have a backlog of good work from Kinetics, and were

confident that they could handle the unique problems of this job. Working together with Chuck Walters, we developed a complete noise and vibration control system that was an integral part of the facility's design."

Completed, the 20,000 square foot (1858 sq. m) facility includes a 12-lap-per-mile jogging track, an exercise area with weights and universal gym equipment, and a specially-designed aerobic dance area. To handle the variety of potential problems in this structurally diverse installation, a number of Kinetics products and materials were used. The isolation system for the jogging track consists of precompressed molded fiberglass pads, spaced at 24 inches (610 mm) on center. The area between pads is filled with 1-1/2 in (38 mm) thick low-density fiberglass, and wood screeds are sandwiched between the subfloor and finished wood flooring. Elevated curves at each corner of the track are filled with fiber glass to further reduce sound transmission. A cushioning material finishes the track surface and the exercise area is covered with carpet.



Isolation system consists of precompressed molded fiberglass pads, mounted in formed metal channels which stiffen the plywood subfloor. Areas between the pads are filled with low-density fiberglass and wood screeds are sandwiched between subfloor and track surface. Perimeter board, a closed-cell material, isolates track from walls and floor perimeter.



Employees of the Liberty National Life Insurance Company work-out daily in their new 20,000-square-foot (1858 sq. m) exercise facility. Joggers run on a 12-lap-per-mile track on the building's top floor directly above company offices. To protect employees below from the effects of vibration and impact noise, a special Kinetics isolation system was constructed as an integral part of the facility's design.

Following the installation of the Kinetics system, extensive sound and vibration tests were run. According to Robert Farrell, Second Vice President and Architect for Liberty National, "The proof of the system's success is in its results. We've had no complaints whatsoever from the employees on the 14th floor, who are just below the track."