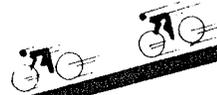


July, 1982  
Vol. II, No. 5

# VELO VOICE



A Journal of Bicycle Racing in the Nation's Capital

## RACE COORDINATOR URGENTLY NEEDED

A substitute coordinator for the IBM and Greenbelt races is needed for the first 3 weeks of August. Ken McCormick will be vacationing in Vermont from August 1 to August 22 and will be unavailable. The job is relatively easy, because we do have help with the various tasks each week, such as roadguards, officiating, and registration. However, we need someone dependable to show up before 6 pm with the traffic cones, first aid kit, lapboard, clipboards, cash box, etc. and get the race moving. Club officers will help but we still need someone to man the equipment for the 3 weeks. Anyone who is interested and willing should see Ken at the IBM or Greenbelt races. A service award will be in the works for whomever gets the job. Ken will supply written step by step instruction on what to do at each race. We all want the races to continue uninterrupted so if you can help please call or see Ken as soon as possible.

## FORKS OF THE DELAWARE, Easton, PA June 20

NCVC swept the Junior Race at Easton, PA on Sunday, June 20. Mike Pugh accompanied by Gordy Holterman and Scott Rodenhuis broke away and finished 1st, 2nd and 3rd. David Pedersen took 6th place. The team effort was greatly aided by the effective blocking of Tim Noakes.

## DISTRICT CHAMPIONSHIPS - RESULTS

### VA/DC District Track Championships Trexlerstown, PA, June 5/6

Sr. Kilo	1st	J. Montgomery	1:13.9
Sr. Pursuit	1st	J. Montgomery	5:19
Sr. Sprints	1st	J. Montgomery	
	2nd	M. Derian	
Jr. Kilo	1st	M. Pugh	1:15.6
Jr. Pursuit	1st	M. Pugh	4:06
Jr. Omnium	1st	M. Pugh	
Jr. Sprints	1st	M. Pugh	
Intermed.	1st	A. Gallatly	

### MD/DL District Track Championships Trexlerstown, PA, June 5/6

Sr. Pursuit	1st	K. Lee	
	2nd	R. Lea	
	3rd	R. Schuette (Alpine)	
Jr. Omnium	2nd	S. Rodenhuis	
	3rd	D. James	
W. Pursuit	1st	J. Anderson	
W. Sprints	2nd	J. Anderson	

### VA/DC District Time Trial Championships

Veterans	1st	J. Montgomery	
	3rd	P. Didier	
Jr. Men	1st	G. Holterman	

### VA/DC District "Unofficial" Criterium Championship, June 13

Jr. Men	1st	M. Pugh	
	2nd	G. Holterman	
Veteran	1st	P. Didier	
Intermed.	2nd	A. Gallatly	
Sr. Men	1st	J. Montgomery	

(For MD/DL District Time Trial Championships see Page 6)

# VELOVOICE

VELOVOICE is the monthly newsletter of NCVV, Inc., a non-profit educational and service organization supported by memberships, program fees and contributions. A subscription to VeloVoice is included with membership.

VeloVoice Editors:  
Esther Pedersen, 530-2387  
Joanne Sheffield, 983-1785  
Harley Sheffield, 983-1785  
Consultant:  
Larry Black, 864-2211

The Editors welcome articles, accounts of races, reproducible photographs, comments and suggestions. "Letters to the Editor" are also welcome and should be signed.

Personnal advertisements to buy, sell, or swap items are printed free for NCVV members.

Commercial advertising rates are as follows:  
\$40 per page  
\$20 per half page  
\$10 per quarter page

A 15% discount applies to ads placed in two or more consecutive issues.

All materials must be received by the Editors by the 20th of the month in order to appear in the forthcoming issue.

## NCVV OFFICERS

President: Mike Butler 588-2087  
Vice-President: Tim Lung (301) 739-6220  
Secretary: Alan Rashid 229-0346  
Treasurer: Ken McCormick (301) 725-7078  
Membership Chairman:  
Paul Didier (703) 777-8336  
Maryland Rider Rep:  
Fred Kelley 588-9024  
Virginia Rider Rep:  
Ed Cottrell (703) 435-5620  
D.C. Rider Rep  
Ken Jacobson 333-3509  
Team Coach:  
Jim Montgomery (703) 471-7656

## TREASURER'S REPORT

The NCVV Treasury is in good shape at the present time with a balance of \$2500. Not included in this figure is the profit from the NCO, which is about \$1500. As of now, team expenses at \$1000 per month should be met thru September with no anticipated problems.

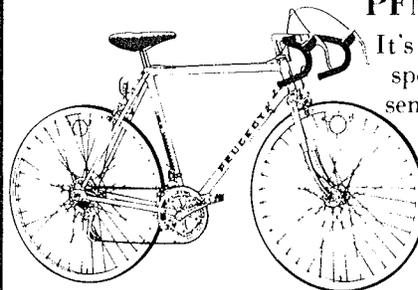
It is my understanding that a Mexican volcano is responsible for producing so much ash in the upper atmosphere, that an entirely rainy summer is very possible. We have been lucky so far, but the ridership has been noticeably down at IBM occasionally due to bad weather. Add a few complete rainouts, and we're out about \$500.

It is my policy not to have a race at IBM if the pavement is wet, or at Greenbelt if it is raining harder than a light drizzle. The IBM pavement becomes dangerously slick when wet. In any case, the bell lap will be sounded whenever, during the course of the race, a severe thunderstorm's influence appears to be imminent.

As far as team expenses go, I expect that the proceeds from the raffle should more than make up from the possible financial deficit due to bad weather. Any excess will, of course, be used for bonuses and next year's team expenses.

## Get on Course

### PFN10 Racing Bike



PFN10

It's Peugeot's newest 12-speed racing bike. This semi-pro cycle has it all, from light, strong, Vitus 181 double-butted tubing to Weinmann 506 side-pull brakes. Get it... for the competitive edge.

**CYCLES  
PEUGEOT**



# FOR SALE

# WHEELIE STANDING THROUGH MAY

23½" C.I.D. Campy equipped, TTT stem, Cinelli bars, Barum tubulars. Black and red. Excellent condition. \$750. Call Mike, 840-0370.

23" Paramount Track Bike. All Campy. Includes assorted cogs and chain wheels. With wheels but no tires. \$550. Call Scott Dismukes, 532-0423 (home) or 862-8137 (work).

Vittoria shoes. 40½. Near new. \$25. Raleigh Warmup Suit. Small. \$20. Call Ed Cottrell, 435-5620 or (work) 691-0880

Place	Name	Points	April Placing
1	R. Lea	54	2
2	M. Pelz	47	1
	B. Schneider	47	13
4	A. Gallatly	44	3
	J. Montgomery	44	5
	M. Pugh	44	9
7.	G. Holterman	42	-
8.	M. McGoey	39	15
9.	E. Cottrell	30	4
10.	M. Kennedy	28	7
11.	P. Didier	27	10
12.	T. Chew	25	6
13.	K. Lee	22	12
14.	F. Kelley	19	8
15.	J. Nugent	10	11
16.	T. Noakes	8	14
17.	J. Paul	7	16
18.	G. Nugent	2	17



Don't forget - I give points to those whose results are called in to J. Montgomery or myself...Any objections to giving 15-12-10 for the top 3 places at the Districts???

**BIKE LINE** instant info!  
24 hours a day

**DIAL**  
**HEY = BIKE**  
4 · 3 · 9      2 · 4 · 5 · 3

races  
meetings

tours  
tips

news  
legislation

# RAMBLIN'

## WITH THE BIG WHEELIE by Mike Butler

First things first - Mr. IBM and Mr. Greenbelt (namely Mr. Ken McCormick) is going on vacation during the month of August and needs to be relieved of his duties at the races. PLEASE give Ken a call or talk to him in person if you can help. Maybe you could start in July while he is here to give you some instructions. The main job is getting there at 6:00pm, putting up the cones and setting up registration. As it is now on some nights when the regulars don't show up it is a problem. So how about helping put up and take down the cones on Thursday nights?...On your way out if you stop and stack them up it would also be a help. Remember, it's our club's training race not Ken McCormick's criteriums. So Pitch In!!!

MD/DL District Championships: First off, let's give thanks and sing praises to Gwen and Hal Hendrix and all their helpers. It was a job well done. Don't be shy to express your gratitude next time you see them.

Road Races - May 23: The races were somewhat predictable and somewhat exciting especially for first year SR IV rider, Eric "the Bull" Ewald who was underrated by a pack who overrated themselves. Eric and Delaware's Eric Conrad rode away very early in the race and as in the past, the pack let them go - "Let them go out and cook themselves" - you'd think a lesson was given last year when in the pack were Rick the Machine Barnett, Fred Iron Man Kelley, Steve the Reno Rashid, Kraig Thunder Legs Klinke, Bobby B. B. Phillips...All absent this year so the burden of chasing was left to Neo-member Cary Bland who paid dearly for his efforts in the end...The two Erics stayed away. Flying Mike jumped too early and had to settle for 5th. Eric is to be applauded for his courage and strength - John Mills (friend of the club) did tell me early in the year how strong Eric was.....  
Sr. Women or MARY PELZ "A" Ride - With

everyone expecting Mary to motor off it seemed like she had four then three shadows. After several jumpless attacks with one lap to go, out of form CYNTHIA Cynto PAUL was dropped and after catching the pack JULIE PAUL riding the race of her life attacked and burst off Fugi's TRACY LEA. The trio stayed together until the last hill where the Motor got going. Cynto started fading and at the line, it was Mary by a lot from Julie with Cynto closing but not fast enough to catch Jubilant Julie...  
Jr. Men: In a very gallant gesture, race favorite DAVE PEDERSEN who could not blink without the pack reacting, let Gaithersburg's MOTOR TIM NOAKES go with plans of joining him. Only problem was that newcomer TED LOGAN and SCOTT RODENHUIS went with him. Dave gave a great chase but just couldn't make it and the race ended in that order. Vets Men: As expected, ROB Mr. Calves LEA rode away from everyone and rode the final lap like you would not believe doubling the distance by which he was away in one lap. BOBBY PHILLIPS who suffered some bike problems in the last 2 laps out-sprinted new MD Veteran sensation JIM HADDOCK...JERRY the Masterblaster NUGENT did just that - blasted the rest of the Masters. (Complete results of the roads in the last issue of VeloVoice)

Time Trials - June 13th: "Rain, rain go away, come back some other day"...it didn't so we warmed up, rode, and cooled down in the rain. TIM the Locomotive NOAKES added another gold medal to his collection by riding a blistering 57:37 to record the fastest time of the day... FRED KELLEY, still healing his collarbone, won the gold for the Sr. Men with a 59:09. Race favorite and very disappointed KRAIG KLINKE with a 56 tooth chainring could only manage 5th. MARY PELZ disappointed by her 1:05 won the Women's race. ROB LEA took the Veteran's and JERRY NUGENT won the Master's with a time of 1:00:43.

SOMERVILLE WEEKEND or the BOB SCHNEIDER show co-starring ROB LEA. At Allentown, PA the highlights were SHAWN DOWNING and CYNTHIA PAUL finishing their respective races very respectably with Cynto out-sprinting her pack placing 30th of 80 starters. Carpenter won the Women's and Bradley, the Men's.

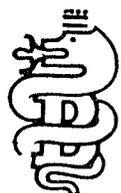
NUTLEY, NJ: BOB SCHNEIDER showed the kind of stuff that brought him a bronze medal in '72 and a silver in '73 at the Nationals. Bob opened a gap early in the race, put his head down and went for it. While the peanut gallery knew he'd never make it, we knew of the team he had behind him - JIM PATTON, PAUL DIDIER, and JERRY NUGENT did their best, but it was ROB LEA who worked his ...Ah! legs off to keep Bob away and led out MONTGOMERY to finish 3rd behind B. Phillips. This guy is unbelievable - the memory of him pulling Jim Montgomery to a fourth place finish in a Pro Am Race last year in NC is still fresh in my mind...In the Women's Race, it was just like last year. Eighty-five of the best women in North America and a couple of Holland's best made up a classy field ready for Stage 2 of the Self Series. Before the first lap was over women were being dripped but both Mary and Cynthia were among the 25 finishers...The Senior Men's Race was no different. The course itself is not too difficult but when you go around it so many times so hard it always makes for a very hard race. At about the halfway mark, NCVC's hope, Mathew McGoey hot off of two victories was hit and though lucky enough not to go down, ruined a back wheel and tire and was forced to retire. However, CARY BLAND and NEIL ROSS hung tough and finished a very brutal race won by Dave Ware over Greg Demgen.

SOMERVILLE, NJ - The Big One: For the third day in a row we had very cloudy skies which did not keep the crowds nor the pace down. Our Juniors rode well. Flash GORDON HOLTERMAN did his stuff to gain Lap Leader and most of the primes and still managed to place 2nd. MIKE the Bod PUGH took a prime with 3 to go and feeling strong made a gallant attempt only to be caught in the home stretch. In the Women's Event, Mary and Cynthia rode a very good race only to blow it in the sprint, finishing 22nd and 25th...The Senior Men was a toughie. Montgomery, McGoey and Bland can now say in 80 and 2 we rode Somerville in record time and Harvey Nitz and Tom Schuler can say while we were watching each other some unknown Canadian snuck down the side blending in with the crowd to win in record time. I did not see the Tour of Warren but was told that SCHNEIDER and LEA repeated their performance from the previous day.

Dale Stetina fans will be sorry to hear that he has retired from the sport.

You did not sell enough RAFFLE TICKETS. Next year when I'm asked "What has NCVC done for me" I'll ask "How many raffle tickets did you sell?" This was your perfect opportunity to raise money for your own reimbursement and what happened? - as of June 15th ticket sales were not good. Let's face it, BIG clubs do not draw big money. So we have to raise our own. On a sad note, my condolences to my dear friends, Julie and Cynthia, who lost their sister last month. Until next time, keep on pushing and good luck to all club members at the Nationals.

Cheers,  
Mike



**B E L L A**

AVAILABLE AT SELECTED PRO SHOPS

MD/DL District Time Trial Championships  
Federalburg, MD, June 13

For the benefit of those riders who were unable (unwilling ?) to wait in the rain for the results, a complete listing of times follows:

SENIOR MEN (QT 1:01, 5 qualify)

1. Fred Kelley 59:09.24
2. Michael Kennedy 59:11.61
3. Shawn Downing 59:26.65
4. Kevin Lee 1:00:04.30
5. Dave Edinberg 1:00:09.05
6. Cary Bland 1:00:17.56
7. Tim White 1:00:25.33
8. Kraig Klinke 1:00:52.11
9. Larry Black 1:01:11.76
10. Mike Helmstadter 1:02:08.13
11. Kevin Brown 1:02:42.29
12. Channing Houston 1:03:38.09
13. Mike Fitzsimmons 1:04:20.27
14. Pat Nolan 1:04:53.56
15. Steve Tierney 1:05:03.96
16. Paul Tallie 1:07:41.09
17. Mitch Buchman 1:08:22.09
18. Ron Howard 1:09:26.21
19. Franklin Green 1:12:48.56
20. Brandon Berryain 1:13:30.59
21. Quinton Handy 1:17:05.70
22. Mike Goodman 1:19:32.24

SENIOR WOMEN (QT 1:08, 2 qualify)

1. Mary Pelz 1:05:29.40
2. Tracy Lea 1:07:59.98
3. Elizabeth Spear 1:08:42.41
4. Cynthia Paul 1:09:02.61
5. Julie Paul 1:10:06.45
6. Jill Anderson 1:14:08.59

JUNIOR MEN (QT 1:02, 4 qualify)

1. Tim Noakes 57:37.86
2. David Pedersen 1:00:42.90
3. Ted Logan 1:01:22.00
4. Scott Rodenhuis 1:02:00.00
5. Phillip Wysocki 1:04:46.52
6. Paul Casadevall 1:05:51.51
7. David Sprinkle 1:05:59.72
8. Colin Clark 1:07:05.76
9. Matt Ives 1:08:51.17
10. Jim Richie 1:11:14.39

VETERAN MEN (QT 1:06, 7 qualify)

1. Rob Lea 59:12.95
2. Bobby Phillips 1:00:57.20
3. Jim Haddock 1:01:26.29
4. Larry Dieren 1:02:15.53
5. Paul Cramer 1:03:13.19
6. Jim Patton 1:04:31.43
7. Will Hall 1:04:54.11
8. Ron St. John 1:06:22.04
9. Ed Noakes 1:06:44.01
10. Mike Butler 1:08:54.25
11. Guenter Baartz 1:10:10.97
12. Garry Rumbaugh 1:14:45.20

JUNIOR WOMEN (All qualify)

1. Kathy Schneider 1:18:24.01
2. Susan Helmstadter 1:20:00.08

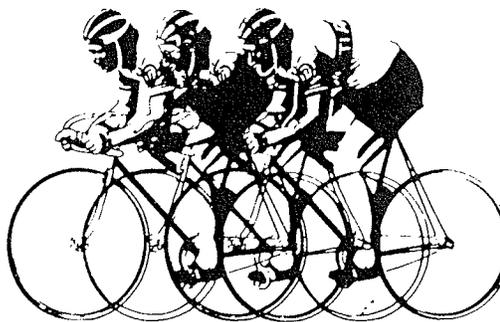
MASTERS MEN (QT 1:12, all qualify)

1. Jerry Nugent 1:00:43.22
2. Frank Pedersen 1:03:59.31
3. Charles Trayford 1:06:45.70
4. John Packham 1:08:06.45
5. William Curtis 1:11:51.28

GRAND MASTER (Qualifies)

John Phillips 1:34:22.05

TANDEM (Conrad/Bare) 56:25.48



## UNDERSTANDING PHYSIOLOGY

I promised myself that when school ended in May I would write a series of physiology articles for Velo-Voice explaining some basic training effects and dispelling some misconceptions.

Basically, what happens when you exercise is that your body uses muscle glycogen for energy. This is simply the storage form of sugar that you eat as carbohydrates, etc. Muscle glycogen is converted in a series of complex biochemical reactions into ATP which yields energy while using oxygen and producing carbon dioxide. ATP is the fuel that is used for all energy-requiring processes in the cell. Within the muscles, ATP is used to fuel the contraction process.

There are two types of exercise - aerobic (with oxygen) and anaerobic (without oxygen). When exercise is anaerobic, stored ATP is used for energy. However, very little stored ATP is in the body at any one time -- that is why anaerobic exercise, such as short sprints, can only be done for seconds.

During aerobic exercise, the oxygen that is coming into the body is used to form a continuous supply of ATP so long as there is adequate muscle glycogen to fuel the reactions.

One of the by-products from exercise within the body is lactic acid. We all understand that burning sensation in our muscles due to lactic acid. During steady-state exercise (long - slow) there is adequate oxygen to meet the body's demands for ATP. When exercise becomes more severe, the muscles demand more oxygen. During strenuous exercise, the oxygen consumption reaches a maximum value because the ATP-producing reac-

tions simply cannot work any faster. In this case, excess molecules from metabolism are combined to form lactic acid. This acid is transferred via the blood away from the muscle and eventually breaks down to carbon dioxide and water and passes out of the lungs. This threshold of oxygen consumption is commonly called the anaerobic threshold or maximum oxygen uptake.

Although the body can tolerate lactic acid only so long, the trained body can adapt to many changes within better than the untrained body. One example of this is that the athlete can tolerate 20-30% higher blood lactic acid levels than the untrained. This ability to tolerate high levels of lactate during competition can account for superior performance.

In cycling, where you might be sprinting for primes or chasing down a break, this ability to tolerate lactic acid build-up becomes of primary importance. One of the ways to improve this tolerance is through interval training. This form of training, if done properly, allows for build-up of lactate in the body, forcing one to develop a greater tolerance.

Another benefit of exercise is to increase the anaerobic threshold. By increasing this, you delay the time when exercise is so severe that you must slow down or stop. The best way to do this is by intensive training, not LSD. Therefore, any cyclist's program must include intervals, training races, hard pace line work, and so forth.

Anyway, next month I will write about some of the cardiac responses to exercise and the role that the cardio-respiratory system plays.

Julie Paul



IBM RESULTS - MAY '82

A Class

1.	M. Kennedy	\$15
2.	B. Phillips	9
2.	J. Montgomery	9
4.	R. Schuette	6
5.	A. Brown	4

B Class

1.	R. Ruske	\$13
2.	K. Olander	9
3.	L. Cimermanis	7
4.	M. Steven	5

C Class

1.	C. Deel	\$11
2.	B. McDermott	8
3.	G. Page	5
4.	J. Freeman	4
5.	B. Strong	3

D Class

1.	P. Reigland-License	
2.	T. Landon	\$8
3.	J. Schmidt	6

Intermediate

1.	M. Kasari	\$5
2.	J. Snell	4

Midget

1.	S. Schenk	\$5
2.	S. Moore	4
3.	M. James	3

IBM RESULTS - JUNE '82

A Class

1.	M. Kennedy	\$10
2.	R. Schuette	10
2.	J. Montgomery	10
4.	R. Rashid	6
5.	M. Fields	3

B Class

1.	E. Macbeth	\$12
2.	M. Steven	7
2.	B. Taylor	7
2.	A. Hirschmann	7
2.	J. Wainer	7

C Class

1.	J. Hanlan	\$10
2.	D. Arion	8
3.	E. Wallgren	6
4.	L. Moore	4
5.	J. McTernon	2
5.	D. Riggs	2

D Class

1.	L. Ochoa-License	
2.	S. Walker	\$10
3.	J. Wilson	5
3.	R. Linthicum	5
5.	C. Check	2
5.	R. Fogg	2

Intermediate

1.	D. Bolten	\$6
2.	C. Lazarro	4

Midget

1.	S. Schenk	\$5
2.	J. Hill	3
3.	S. Moore	2
3.	M. Shellhaas	2

Greenbelt Park Results: May 1982

Class A

1-Kennedy	\$12
2-Montgomery	10
3-Black	8
4-Lee	6
5-Philips	4

Class B

Martin	\$12
Hammerer	10
Fields	8
Wilson	6
Hill	4

Class C

1-Peel	\$12
2-Arion	10
3-Strong	8
4-Cotton	6
5-Rousses-tie	4
Draper-tie	4

Class D

Barker-License	
Warhurst	\$8
Guthrie	6
Reese-tie	4
Spann-tie	4
McTeran-tie	4

# COLLEGE PARK BICYCLES

4360 KNOX ROAD, COLLEGE PARK, MARYLAND

864-2211



Prizes may be picked up at College Park Bicycles until July 15.

## CYCLING SHORTS

A big thanks to all of the helpers at Greenbelt Park, especially Mr. Ken McCormick. I still cannot figure out what keeps him going. It certainly is not his old track bike with close to 100,000 miles on it....and Steve Wilson, road guard extraordinaire, who has become a landmark at the corner. You can even see his footprints next time you round the turn - he even showed up with a cast on last week. He says it's a little harder to swing than a flag but gets more attention. Hope the arm heals soon and he's back in the B pack...We still need a steadier supply of road guards at the Park so we can maintain our safety record of no major car mishaps...We really had 100% of the riders wearing numbers last week, let's try to keep it that way. No number, no place.. Watch your cornering at IBM, because "watchdog" Will Kruzberg has an eagle eye upon you. Ever since a friend of his was seriously injured last year because of what he believed was questionable bike handling, Will has spent the winter buried in rule books and interviewing riders from all categories. An avid rider himself, he now dons the zebra suit and says he is dedicated to promoting safer racing. We welcome "the Kruz" to our staff of local officials... Back in the kitchen, we have a staff opening for one banquet promoter. We retain Ken McChef at the front burner but he can't prepare this feast alone. If you are one who loves our sport and its best reward - eating - then you are who we are looking for. Reply to any club officer at once...If all goes well our sport will get a break into the local media. The Prince Georges Journal want to do a regular column on cycling. Keep your eyes open for it and if it ever comes off, write to the editor and tell him to keep it up. How many of you wrote to Channel 2 or to the station that carried the Coors last week???If we want to see more of the world's greatest sport on the tube, we've got to let the press, broadcasters, and most of all, the generous sponsors know how we feel!! See you at the races.

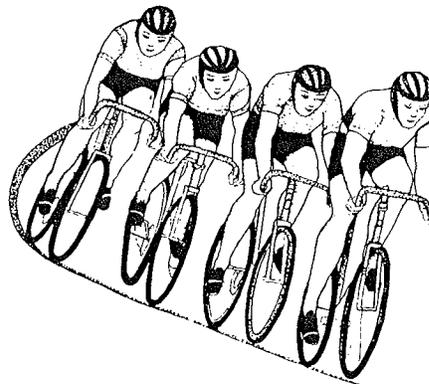
Larry Black

## DC Rider Rep

As the D.C. City Council debates mandatory auto insurance, motorists are not alone in their concern. Cyclists on the Metro area road system must now beware of sixty percent of all vehicles registered in D.C. as they are uninsured. Having discovered the reluctance of autos to stop when in a bicycle-related accident, I hope all riders support mandatory insurance. The roads will then be safer for us all.

On Sunday, June 6th, Baltimore hosted the 1st U.S. Pro Cycling Championship. The course was scenic, challenging and organizers provided solid course security. Baltimore's finest in cooperation with local cycling activists aided and enhanced the production.

Washington also is an ideal city in which to promote races. The past experience with the NCO and other club races provides a growing base of cycling support. This fall, I would like to continue the Rock Creek tradition. I would appreciate any suggestions and thoughts to preference between the standard four race series or a consolidation to one larger USCF sanctioned open race. Either way, let's continue the fall riding in Rock Creek.

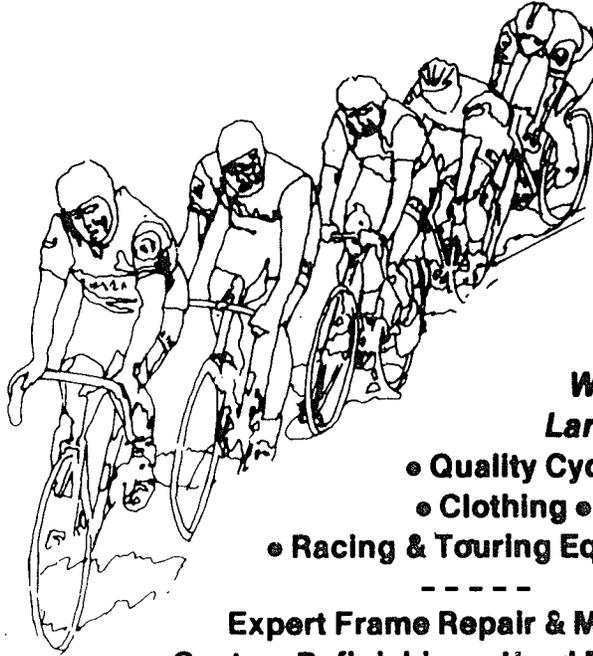


**OFFICIAL**  **SPONSORS**

**BELLEVIEW SHOPPING CENTER**  
1508 Belleview Blvd.  
Alexandria, Va.  
**768-8400**

**WILDWOOD SHOPPING CENTER**  
10219 Old Georgetown Road  
Bethesda, Md.  
**530-9011**

Olney Village Mart  
18217 Village Mart Drive  
Olney, Md.  
774-3970



georgetown  
**CYCLE  
SPORT**

**Washington's  
Largest Selection of**  
• Quality Cycles • Framesets •  
• Clothing • Custom Wheels •  
• Racing & Touring Equipment • Tools •

-----  
**Expert Frame Repair & Modification**  
**Custom Refinishing • Used Bikes & Frames**  
**Children's Bicycles • Rentals**

**NCVC NEWSLETTER**  
11831 ENID DRIVE  
POTOMAC, MD 20854

**FIRST CLASS MAIL**



Peter Swan  
P.O. Box 2123  
APO N.Y. 09403

**PLEASE RUSH**  
**TIME SENSITIVE PUBLICATION!!!!!!**