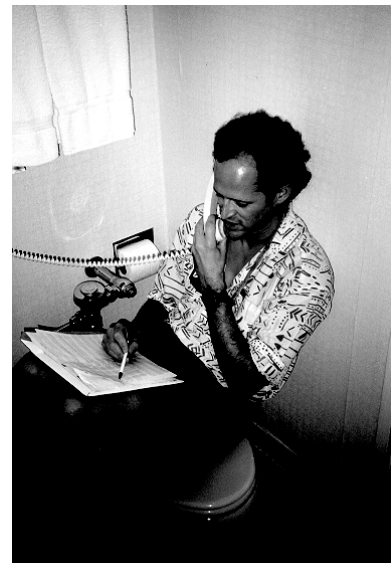


Seasons' Greetings!

I hope this letter finds you healthy and happy after a wonderful year.

It has been another interesting year full of travel and challenges. My main preoccupation this year has been my work. It was my first job with an honest-to-god office (no, not the one to the right), but on the 15th floor of a downtown Denver office building. Imagine that, me with an office in a sky-scraper. You may remember that back in 1995 I ran two marathons as fundraisers for the Leukemia Society. Well, I spent the past year managing that program, *Team in Training*, for the Rocky Mountain Chapter. I am proud to say that with my coworkers, we recruited and helped marathoners and cyclists (who rode centuries) raise over \$700,000 in the past 12 months. This is more than double what the chapter had raised in the past. As a side benefit (it was my job, really), I traveled with the teams to marathons in Vancouver, BC in May, Anchorage, AK in June, and Honolulu, HI just this month (which is why this note is being sent late as I just returned). We also did two centuries, Lake Tahoe, CA in June, and the Seacoast Century in NH in September. This has been a good year for my frequent flyer account. It's been a lot of overtime, but has been very satisfying work, having met and worked with many quality people. Somehow, I also found the time to continue be a beer vender at the Colorado Rockies games at Coors Field.



But I did manage to get in some playing. I finally made it to the Yampa River for a river trip in May. Funny how it's the rivers closest to home that take the longest to get to. I also returned to Oregon for Cycle Oregon X in September. The route this year, in celebration of their 10th year, was border to border, from the Snake River to the Pacific Ocean. This came to over 540 miles in 7 days. It was really nice to return as I had missed the last two rides.



But the highlight of my traveling this year was a trip to Kauai after the Honolulu Marathon. It was 5 days in paradise. The snorkeling was incredible; I hadn't snorkeled since my trip to Fiji in 1987. Now I plan to get scuba certified and give that a try.

No marathons this year. I had been suffering from a foot injury (an inflammation) for about a year and a half. But now that my foot is about 90%, I am training for two events: the first Rock 'n Roll Marathon in San Diego in June, and the Hood to Coast Relay Race in August (a team of 12 runners who run from close to the top of Mt. Hood to the Pacific Coast - 195 miles). I have also sent in my deposit to participate in the Millenium Marathon, which will be held at 6 AM on January 1, 2000 in Hamilton

New Zealand. I am really looking forward to making a return trip to visit the land of the Kiwis. I am hoping my foot will remain healthy enough to complete these events and to also attempt my first triathlon.

I hope your year has been as full. Personally, I am looking forward to more adventures and challenges in the coming year.

All the best -