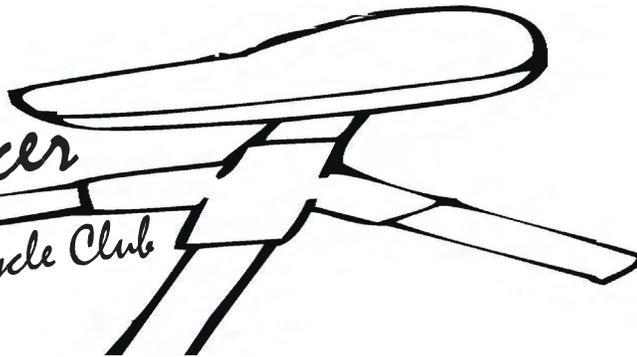


Saddle-Post Intelligence

www.skagitbicycleclub.org

The Voice of the Skagit Bicycle Club



NEW to this issue is a column called "Ask the Experts" on page 3 featuring two experts from within the Skagit Bicycle Club they will be answering cycling-related health questions in upcoming newsletters.

Dr. Bart Hawkinson, PT, graduated from the University of Puget Sound School of Physical therapy in 2005 with a degree of Doctor of Physical Therapy. He works for NorthSound Physical Therapy, and is currently the assistant clinical manager of the Smokey Point clinic.

Dr. David Krohse received his Doctor of Chiropractic degree from Palmer College of Chiropractic and practices at Northwest Chiropractic Clinic in Mount Vernon. *Please send any questions to sbcexperts@gmail.com.*

To my dear bike club family:

I just want to thank each and every one of you for all you thoughts, prayers, support, kindness and your wonderful friendship these past four years. It was quite a ride and one I hope to never take again. My dear Steve fought up until the end never giving up hope. I learned so much from him about the value of a positive attitude, hope and the value of just being stubborn. In life, we have so much thrown at us. I learned from him, it really tells a character of a person on what we do or how we handle what we are given. Especially when what we are given is difficult. But like he told me, "One day at a time", "Don't worry about what you can't change" and "Linda, life does go on". So with the help of my friends and family I will try to do all the promises I made him and carry on. One is getting back on the bike. I hear that's one thing you never forget, how to ride.

Thanks again and wishing you all a safe and HEALTHY New Year.
Linda S. White

"You may be only one person in the world, but you may also be the world to one person."

Bike Virginia 2007

Information regarding the 20th Annual Bike Virginia ride is now on the www.bikewalkvirginia.org <<http://www.bikewalkvirginia.org>> website. I'd recommend this ride to anyone who wants to enjoy a roadbike ride further a field than our usual SBC rides. This year 2007 is the 400th anniversary of the Jamestown settlement. The ride will be held June 22 through June 27. The ride will be in the area of Hopewell, Jamestown, Yorktown and Williamsburg. This is a beautiful area of the US and is one of the most historical places we American immigrants can learn about. I'm not planning on organizing a group ride at this point but I'd sure love to have other SBC riders join me. I'd recommend also spending a few days after the ride enjoying many other historical places within easy travel distance of the Jamestown area. Questions? check out the website or call me. Jennifer McCoy, 336-2528.

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Loose Cog

Miscellaneous Rattlings from SBC prez Marshall Will

Happy New Year! I hope Santa was good to all of you boys and girls with at least some new bike gear, clothes, components (& new legs?) to play with. Like I say, promise her anything but give her Dura-Ace (or Record)...

Here I am, looking out on a gray, stormy winter's afternoon trying to collect some cycling related thoughts to share. There is a ride tomorrow, but the forecast is for gusty winds and heavy rain. My "cycling plan A" is to show up, divert to coffee for a little talk about the upcoming year to get the juices flowing. Talk about the usual things; any new bike tours to try out? New fitness plans? Who'll be the big dawgs on Wednesdays? Why don't we start more rides from coffee shops? Will Basso turn Discovery team around? Will the French lab find Polonium 210 in Floyd Landis?... Later it'll be back to the rollers. I'm trying out some new techniques on the trainer to hopefully wake up some muscles that tend to hide out. (I call them the

"no-twitch" muscle fibers). Also changing the regimen every so often breaks up the monotony. Like everything, even if you've refined your plan, it's necessary to tweak things every so often just to keep it lively.

As far as the Skagit Bicycle Club's past year it's been about as good as it gets. Lots of well attended rides and social events, record turnout for Spring Classic, proves we must be doing something right. Cheryl Calhoun's tenure as president is a hard act to follow, and with her so graciously agreeing to chair this year's Spring Classic I couldn't be happier for prospects in 2007. The only downside is that it's natural in any organization for members to defer to the veterans who make it look so easy. I guess that's where I come in. Just like a loose cog on a rear wheel, it'll keep going but the rattling will remind you that even the most finely tuned machine needs a few tweaks now and then.

~~~~~

***Rolling Doubles and Stealing Presents is what it's all about during the Christmas Party Gift Exchange Game!***



**Dear Expert, while riding RAGBRAI in Iowa this past summer I had the opportunity to try out an expensive demo bicycle for a day. I jumped at the opportunity, but it turned out to be a mistake. By the end of the day my Achilles tendon was screaming at me! I had to drop out of RAGBRAI midweek, and I still occasionally experience Achilles tendon pain during and after rides. What causes this? What can I do to prevent Achilles tendonitis and what can I do if it develops again? - Matt, Des Moines, IA**

**Dr. David Krohse:** In cycling, Achilles tendonitis is the most common overuse injury of the ankle. Common causes of cycling-related overuse injuries include improper bicycle fit, poor cycling technique, rapidly increased intensity and duration of cycling, and anatomic factors that make an individual more prone to injury. Let's take a brief look at the anatomy involved in Achilles tendonitis and then look at each of these factors individually to see what might have caused your Achilles tendonitis.

The calf muscles on the back of your lower leg include the gastrocnemius and the soleus muscles. These muscles attach around the back of the knee and come together to form the Achilles tendon which inserts into the calcaneus or heel bone. The main function of the calf muscles and Achilles tendon is to push the foot downwards such as when standing on your toes. The tendon is stretched when the foot is lifted upwards such as when standing on your heels. The dull or sharp pain of Achilles tendonitis is usually located about 2 cm above the top of the heel bone.

Proper bicycle fit is essential to avoid overuse injuries. Low seat placement can cause injury by repeatedly stretching the Achilles tendon out at the top of each pedal stroke when the front of the foot is forced upward. Improper cleat placement can also affect ankle alignment and increase stress on the tendon. If you have experienced multiple overuse injuries, it may be time to consult a professional to have your bike custom fit for you.

Poor cycling technique can increase the likelihood of overuse injuries. "Ankling" is a technique that stresses the Achilles tendon when you focus on using the calf muscles to pull through the bottom of the pedal stroke. Applying too much force during hill climbing by not shifting to a lower gear can also increase stress on the tendon. Avoid these poor cycling techniques.

It's best to increase both intensity and duration of your riding gradually. This gives your body time to adapt and respond to the increased stresses you are putting on it. Warm up before intense rides, keep a ride journal, and listen to any pain that develops. Pain is a warning that an overuse injury may be in your future if you don't figure out what is causing that pain and address it.

Anatomic factors may make you prone to developing certain overuse injuries. Flat feet (also known as overpronated feet or dropped arches) and feet with high rigid arches all affect the alignment and movement of the ankle. These small misalignments can lead to small amounts of irritation with each pedal stroke that when multiplied thousands of times lead to the overuse injury of Achilles tendonitis. The wet foot test is one way to check your arches at home. Wet the bottom of your feet and step onto a piece of colored paper. Compare the marks left by your feet to the ones at this webpage: ([www.runnersworld.ltd.uk/foottype.htm](http://www.runnersworld.ltd.uk/foottype.htm)). For a more accurate analysis of your arches consult your health care provider. Custom orthotics may be recommended if a problem is found. Since custom orthotics are often a significant investment, seek out orthotics that are guaranteed.

You now have an understanding of factors that can affect the Achilles tendon. Prevention of Achilles tendonitis starts with changing or avoiding these aggravating factors. Additionally, regular gentle stretching of the calf muscles and Achilles tendon following activity can reduce your risk of developing Achilles tendonitis. Hold stretches 30 to 60 seconds to get some good collagen elongation.

Finally, let's take a look at some recommendations to promote healing if you develop Achilles tendonitis. Rest gives the damaged tissues time to heal. Depending on the severity of your condition you may be able to just decrease ride duration and intensity or you may need to take some time off from riding. Continue to move the ankle through its pain-free range of motion as it heals. Ice massage should be performed to decrease pain and inflammation in newly injured areas. An effective way to massage this area is to fill a Dixie cup ¾ full of water and freeze it. Then simply peel away the top of the cup and massage the tendon with the ice for 15 minutes every hour or two. Over the counter pain medications such as ibuprofen or naproxen can also help to reduce both pain and inflammation. If these self-care techniques combined with changing aggravating factors don't resolve your achilles tendonitis within 2 to 3 weeks, consult your health care provider.

\* For source references please contact Dr. Krohse.



December 5, 2006

6

President Cheryl Calhoun opened the meeting at 6:40 pm held at Washington Federal Savings Bank in Burlington, Wash.

C

Secretary's Report: Jean LaBossiere  
The minutes were approved as distributed with no corrections.

U

Correspondence: Received a thank you note from Bicycle Alliance for our contribution to their Annual Bicycle Auction. The club contributed two registrations to the Spring Classic for May 07. Also received were various newsletters and magazines.

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Post Office Keys: Jane will get the key from the outgoing secretary and Cheryl Calhoun will keep the other key.

X

Bank signature cards: Janice will get signature card for incoming officers to sign.

6

The donations that were voted on to be made in 07 will be distributed in January 07.

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A donation of \$750.00 was made to the Skagit County Maps, these maps will be ready in time for the Tulip Festival. A donation was also made to them for last year but since they didn't need it at that time we will give them a total of \$1500.00 in 07. This will be for the years 06 and 07.

y

Ride Coordinator Report: Whit Whitford  
Thank you Whit!!!!

Z

Membership Chairperson: Jane Monroe  
Jane has not received names of non-members on rides, nothing to report.



Jane bought bags to store our bicycle racks these also have the keys attached to them. If you use the racks please do not remove the keys from the bags.

Bridge Sweep: Our bridge sweep chair was discussed. Bill Woyski has been keeping the club diligent in keeping the bridge clean. That's because he carries a broom with him on his bicycle. Some people say he carries the broom so if he gets

a flat he can fly home. Is this true Bill?? If so maybe you can tell the club members where they might get such a broom!!

Continuing Business:

Web Site Design: Marshall will discuss this with George and Tom on Saturday.

Washington Federal Gifts: Delivered today!

New Business: 2007 SBC Meetings Cheryl Calhoun will pick up the key for the meeting room which has been scheduled for the first Tuesday of each the month for the next year.

Spring Classic:

T-shirts price report: 300+ shirts \$7.95 normally will do for \$5.95, no set up fee, free delivery.

Discussion:

A majority voted for short sleeve shirts. Cheryl will check on the price for Beefy-T,s. Give riders a choice of children,s sizes. Maybe go with a children,s medium and from there go to an adult small.

Advertising the Family Ride: Charlie will speak with Bob Vaux about advertising with some of the Skagit County events. Marshall suggested placing the family ride on the poster.

Meeting adjourned at 7:46 pm

Next meeting January 2, 2007, 6:30 pm at Washington Federal Savings Bank in Burlington WA

Respectfully submitted

Jean LaBossiere, secretary



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January 1

Start the year off right with a road ride on New Years day! We plan to meet west of the red barn in Conway at 11:00 am for a 25-40 mile ride. Moderate pace with some rollers. Rain cancels, but if it's cold I hear that "Icy-Hot" balm on the knees and vapo-rub under the nose works wonders!

Ride leader: Marshall Will 360 929 5003

January 4 & 18

Meet at Ride Leader,s House, 7574 Sunny Lane, Sedro-Woolley - at 6 PM. Lights are required, helmet light and bike headlight recommended. Ride will mostly be double track on logging roads with lots of climbing. Heavy rain or deep snow cancels.

Ride Leader: Jeff Haddox 360 856 0680

January 10

Indoor Trainer Clinic

Meet at the Northridge Condo community center at 6:30pm for a trainer clinic presented by Glenn Powell, (certified USA Cycling coach). Bring your own bike and trainer setup to work on indoor training environment and routine, bike positioning, pedaling efficiency, breathing techniques and interval training. To get the best results, you should have a heart rate monitor, and a speedometer hooked up to the rear wheel to record speed while on the trainer. To get there from I-5, get off at exit 227 and head east for 1.3 miles and turn left onto N LaVenture Rd. Continue north for 1 mile and turn right onto Northridge Way. Follow Northridge for .2 miles, you'll see the community center and parking on your right.

For maximum benefit record your current general limits before the clinic with the following exercise ("Go-til-you-blow"):

15 minutes warm up at approximately 125 – 140 beats per minute

At the 15 minute mark, hold speed at 15 mph

At the 16 minute mark, hold speed at 16 mph

At the 17 minute mark, hold speed at 17 mph

(And so on, until reaching "maximum effort")

Note trainer settings, finishing time, max bpm and one minute recovery time. 10-15 Minutes cool down.

For additional info email

Glenn at [GPowell@thebankofpacific.com](mailto:GPowell@thebankofpacific.com) or call

Marshall Will @360 929 5003

January 11 & 25

Meet at Hoogdal Community Center at 6 PM. Lights are required, helmet light and bike headlight recommended. Ride will be mostly double track on logging roads with lots of climbing. From Sedro-Woolley, take Highway 9 north to Moser Road - about 3 miles. Left on Moser to Grip Road. Right on Grip for about 2 miles. Community Center is a big white building on right just before railroad tracks. Heavy rain or deep snow cancels.

Ride Leader: Tom Jacobson 360 855 0593

January 14

Winter Time Trial Series

Meet at Stanwood Velo behind Viking Village at 6pm. We'll warm up riding to the start on Norman Road, then ride the flat 9.38 mile out & back course. Timing provided. These are for all levels, and are as much about just getting out to play as going fast. About 25 miles total. Rain won't cancel.

Ride Leader: Marshall Will 360-929-5003 or

[cesiwill@msn.com](mailto:cesiwill@msn.com)

January 19

Meet at 9:30am in Conway at the gravel parking lot next to the Red Barn Store. This ride will be approx 20 to 30 miles with a rolling hill or two. Rain or snow will cancel the ride but not brunch. Questions call Ride Leader

Jean LaBossiere 360 710 9577 or

[cesiwill@msn.com](mailto:cesiwill@msn.com)

January 20

**"GET BACK WITH IT RIDE" for Linda**

Join me at March Point Park and Ride in Anacortes at 10am on January 20th. It will be an EASY ride as I need EASY. I'm older now and need to start slow and work my way up to NOT SO SLOW. The ride will include riding March Point, the Tommy Thompson Trail, early lunch in Anacortes, (or snack, whatever the group wants) then back again. We've had quite a few storms coming our way, so if the weather is questionable, please call, I may cancel. Not that I'm afraid of a little wind or rain but I don't want to get beat up either. Hope to see you there.

Ride Leader Linda S. White 360 293 4292



# January Ride Calendar



| Day | Date | Time     | Ride Title            | Pace | Terrain | Ride Leader                 | Phone # | Location                                              |
|-----|------|----------|-----------------------|------|---------|-----------------------------|---------|-------------------------------------------------------|
| MO  | 1    | 11:00 AM | Road Ride             | M/R  |         | Marshall Will, 929-5003     |         | Red Barn in Conway                                    |
| TU  | 2    | 6:30PM   | Business Meeting      |      |         | Marshall Will 929-5003      |         | Washington Federal Savings, Burlington                |
| TH  | 4    | 6:00 PM  | Night Mtn Bike Ride   |      |         | Jeff Haddox 360 856 0680    |         | RLH 7574 Sunny Lane Sedro Woolley                     |
| FR  | 5    | 9:30AM   | Road Ride             | S/R  |         | Dian & Steve Jahn, 293-1340 |         | Marches Point Park & Ride                             |
| SU  | 7    | 11:00 AM | Mtn Bike Ride         |      |         | Jennifer McCoy 336-2528     |         | RLH or north parking lot, Armstrong Tract at 11:30 AM |
| MO  | 8    | 7:00 PM  | Night Trail Ride      |      |         | David Krohse, 708-4626      |         | Padilla Bay Trail south parking lot                   |
| TU  | 9    | 9:30AM   | Snow Shoe             |      |         | DaveMazzarella 336-3982     |         | RLH                                                   |
| WE  | 10   | 6:30PM   | Indoor Trainer Clinic |      |         | Marshall Will, 929-5003     |         | Northridge Condos                                     |
| TH  | 11   | 6:00 PM  | Night Mtn Bike Ride   |      |         | Tom Jacobson 360 855 0593   |         | Hoogdal Community Center                              |
| SU  | 14   | 9:00 AM  | Time Trial            |      |         | Marshall Will, 929-5003     |         | Stanwood Velosports                                   |
| SU  | 14   | 11:00 AM | Hike                  |      |         | Kathy Foster, 733-0563      |         | Fragrance Lake parking lot                            |
| MO  | 15   | 6:00 PM  | Night Mtn Bike Ride   |      |         | DaveMazzarella 336-3982     |         | RLH                                                   |
| TU  | 16   | 9:30AM   | Snow Shoe             |      |         | DaveMazzarella 336-3982     |         | RLH                                                   |
| WE  | 17   | 6:30PM   | Night Trail Ride      |      |         | Jennifer McCoy 336-2528     |         | Josh Wilson parking lot, Port of Skagit trails        |
| TH  | 18   | 6:00 PM  | Night Mtn Bike Ride   |      |         | Jeff Haddox 360 856 0680    |         | RLH 7574 Sunny Lane Sedro Woolley                     |
| FR  | 19   | 9:30AM   | Road Ride             |      |         | Jean LaBossiere 710-9577    |         | Red Barn in Conway                                    |
| SA  | 20   | 10:00 AM | Road Ride             | S/F  |         | Linda White 293-4292        |         | Marches Point Park & Ride                             |
| MO  | 22   | 7:00 PM  | Night Trail Ride      |      |         | David Krohse 708-4626       |         | Padilla Bay Trail south parking lot                   |
| TU  | 23   | 9:30AM   | Snow Shoe             |      |         | DaveMazzarella 336-3982     |         | RLH                                                   |
| TH  | 25   | 6:00 PM  | Night Trail Ride      |      |         | Jennifer McCoy 336-2528     |         | Ovenell parking lot Port of Skagit                    |
| SA  | 27   | 10:00 AM | Road Ride             |      |         | Rose Ploeg 360 755 0271     |         | RLH: 1025 E Wasington Ave Burlington                  |
| SU  | 28   | 11:00 AM | Road Ride             | S/R  |         | Jane Monroe 424-4619        |         | Skagit Regional Park                                  |

For Information on leading rides call or e-mail

Jennifer McCoy, Ride Coordinator, 336-2528 or jlmccoy@ncia.com.

**PACE:** EASY: slowest person sets the pace SOCIAL: 10-13 m.p.h. MODERATE: 14-17 m.p.h. FAST: 18-21 m.p.h. VERY FAST: 21+ m.p.h.

**TERRAIN:** FLAT: some gentle hills ROLLING: rolling hills STEEP: short steep hills DIFFICULT: long steep climbs

**LOCATION:**RLH = Ride Leader's Home

*Is Cindy giving or taking?*

2006 Christmas Party



*Dave Mazzarella models his gift!*



*Linda has the big gift now, but did she get to keep it???*



The Skagit Bicycle Club P.O. Box 363 Burlington WA 98233

**Club Officers:**

President Marshall Will cesiwill@msn.com.  
Vice President Charlie Shultz tbschultz@comcast.net  
Secretary Jane Monroe janemmonroe@aol.com  
Co-Treasurers Janice Lisherness bikerjan1@hotmail.com &  
Jeannette Folkerstma folk@fidalgo.net  
Past President Cheryl Calhoun calhoun@fidalgo.net

**Board Members:**

Eric Knapp Erickimswim@cs.com.  
Kim Knapp Erickimswim@cs.com.  
David Krohse davidkrohse@yahoo.com  
Dian Jahn dianstevejahn@hotmail.com  
Bill Thayer BillHThayer@aol.com  
Bill Woyski bwoyski@comcast.net

Ride Coordinator Jennifer McCoy, 336-2528 or jlmccoy@ncia.com.  
Membership List & Labels Marshall Will 360-929-5003 or cesiwill@msn.com  
Website: www.skagitbicycleclub.org  
Web masters: George Haigh george@zappo.org,  
Tom Jacobson TomandLoriJ@comcast.net  
Club E-mail: skagitbicycleclub@hotmail.com

**Bike Travel Cases:**

SBC Members can arrange to use one of the club's bike travel cases. Deposit is \$100 and is refundable upon the return of the case. The borrower is responsible for the pickup and drop off of the case. To make arrangements contact Bill Thayer at 360 757 2679 or email BillHThayer@aol.com.

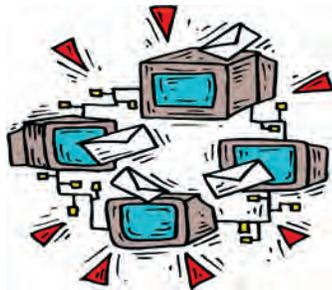
**Bike Racks:**

SBC owns four Yakima bike carriers that attach to a roof rack (if your rack has 1 inch round bars front and rear). They are fork mount and we have mounts for the front wheel too. They are available for Any SBC member to checkout and use. They are currently kept in the Storage Unit in Mount Vernon, to check them out and arrange a pick up contact Bill Thayer 360 757 2679 or Jane Monroe 360 424 4619

**Library:**

To check our books/videos/cd's or to arrange a donation call 360 422-5167 or E-mail Eric or Kim Knapp at Erickimswim@cs.com.

## Newsletter--Email Edition



If you have any problems or comments, please feel free to contact us through the website or via Marshall Will at 360-929-5003 or cesiwill@msn.com. If you're changing internet carriers or if the ol, printer is on its deathbed, feel free to request a mailed copy of the newsletter.



## Saddle Post-Intelligencer

Published by  
The Skagit Bicycle Club  
P.O. Box 363 Burlington WA 98233

Editor  
*Rose Ploeg*  
ploeg@cnw.com

**Contributors:**

*Tom Jacobson, David Kroshe,  
Jean LaBossiere, Jennifer McCoy,  
Linda White, Marshall Will*

Send articles to the Editor  
Via E-mail ploeg@cnw.com  
Indicate in the subject line, what is being sent  
i.e.. **Ride description with the date**  
**Ride report with date or title of ride.**

Article & Photos Guidelines:

Articles are accepted in Word or Excel  
Photographs will be accepted in JPEG format

**Newsletter Deadline**

**The Third Friday of each month or  
as otherwise listed below:**

February Deadline: January 19  
March Deadline: February 16  
April Deadline: March 23  
May Deadline: April 20  
June Deadline: May 18  
July Deadline: June 22  
August Deadline: July 20  
September Deadline: August 17  
October Deadline: September 21  
November Deadline: October 19  
December Deadline: November 16





SADDLE POST INTELLIGENCER  
 THE VOICE OF THE  
 SKAGIT BICYCLE CLUB  
 P.O. BOX 363  
 BURLINGTON, WA 98233



# EMAIL Edition

## Skagit Bicycle Club Membership Form

*Use this form after you are finished with the ride calendar on the reverse side*

**Check One:**    New                       Renewal                      **Annual Dues:** Individual \$15.00      Family \$20.00

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone Home \_\_\_\_\_

Phone Work \_\_\_\_\_ E-mail \_\_\_\_\_

MAIL TO: Skagit Bicycle Club ☎ P.O. Box 363 ☎ Burlington ☎ WA ☎ 98233

We'd like to get to know you, check as many biking interests as you wish:

- Recreational Riding    Touring    Family rides    Mountain biking    Road biking
- Tandem biking    Ride Leader    Advocacy    Volunteer Skagit Spring Classic
- Other

**Membership benefits include 10% off at the following:**

Skagit Cycle Center 1704 S.. Burlington Blvd... Burlington 360-757-7910 ☎ ☎ ☎ Skagit Cycle Center 1620 Commercial Ave. Anacortes 360-588-791 ☎ ☎ ☎ Rack Attack 731 W. Division Mt.. Vernon 360-428-2665 ☎ ☎ ☎ Velo Sports Viking Village Stanwood 360-629-6415 ☎ ☎ ☎ Bicycles NW 31531 SR 20 Oak Harbor 360-279-8919 ☎ ☎

| SKAGITBIKCYCLECLUB2007MILEAGELOG |     |     |     |     |     |     |     |     |     |     |     |     |
|----------------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| DATE                             | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
| 1                                |     |     |     |     |     |     |     |     |     |     |     |     |
| 2                                |     |     |     |     |     |     |     |     |     |     |     |     |
| 3                                |     |     |     |     |     |     |     |     |     |     |     |     |
| 4                                |     |     |     |     |     |     |     |     |     |     |     |     |
| 5                                |     |     |     |     |     |     |     |     |     |     |     |     |
| 6                                |     |     |     |     |     |     |     |     |     |     |     |     |
| 7                                |     |     |     |     |     |     |     |     |     |     |     |     |
| 8                                |     |     |     |     |     |     |     |     |     |     |     |     |
| 9                                |     |     |     |     |     |     |     |     |     |     |     |     |
| 10                               |     |     |     |     |     |     |     |     |     |     |     |     |
| 11                               |     |     |     |     |     |     |     |     |     |     |     |     |
| 12                               |     |     |     |     |     |     |     |     |     |     |     |     |
| 13                               |     |     |     |     |     |     |     |     |     |     |     |     |
| 14                               |     |     |     |     |     |     |     |     |     |     |     |     |
| 15                               |     |     |     |     |     |     |     |     |     |     |     |     |
| 16                               |     |     |     |     |     |     |     |     |     |     |     |     |
| 17                               |     |     |     |     |     |     |     |     |     |     |     |     |
| 18                               |     |     |     |     |     |     |     |     |     |     |     |     |
| 19                               |     |     |     |     |     |     |     |     |     |     |     |     |
| 20                               |     |     |     |     |     |     |     |     |     |     |     |     |
| 21                               |     |     |     |     |     |     |     |     |     |     |     |     |
| 22                               |     |     |     |     |     |     |     |     |     |     |     |     |
| 23                               |     |     |     |     |     |     |     |     |     |     |     |     |
| 24                               |     |     |     |     |     |     |     |     |     |     |     |     |
| 25                               |     |     |     |     |     |     |     |     |     |     |     |     |
| 26                               |     |     |     |     |     |     |     |     |     |     |     |     |
| 27                               |     |     |     |     |     |     |     |     |     |     |     |     |
| 28                               |     |     |     |     |     |     |     |     |     |     |     |     |
| 29                               |     |     |     |     |     |     |     |     |     |     |     |     |
| 30                               |     |     |     |     |     |     |     |     |     |     |     |     |
| 31                               |     |     |     |     |     |     |     |     |     |     |     |     |
| MONTHLY TOTAL                    |     |     |     |     |     |     |     |     |     |     |     |     |
| TOTAL                            |     |     |     |     |     |     |     |     |     |     |     |     |