

reading just about "every damn running book out there," incorporates modern methods such as tracking heart rate, and focusing on nutrition and pacing to prepare for the ultra-distance experience.

In preparation for this year's race, which was run on June 23-29, Dellor averaged about 75 miles a week the eight weeks before the event, including one week where he put in over 100 miles.

But all those miles can't pre-

cant for him because of what it meant to Kovacs.

"He has been running vicariously through me," Dellor said. "I value his input and friendship and I know he is hanging in there to see me run successfully. It was important to put in a good race this year, not just because I wanted to but because Ron wanted me to."

Contact Dennis Knight at dknight@mercurynews.com or (408) 920-5899.

(650) 780-7335.

Cupertino

Silicon Valley Kids Triathlon. July 27 at De Anza College, 8 a.m. Boys and girls ages 4 to 14 can participate in this swim, bike, and run event. All athletes will receive a participant's medal, T-shirt, and goody bag. The cost is \$38 per athlete; family

members, no registration or fees. (510) 624-7146.

Blackberry Farm Picnic Grounds offers activities including swimming, horseshoes, basketball, volleyball and softball. There are 14 picnic sites. 21975 San Fernando Ave. in Cupertino. The park is open Tuesday through Sunday, 10 a.m.-8 p.m. See www.blackberry

San Jose

Silicon Valley Youth Classic. 29th Annual Charlie Wedemeyer all-star football game at San Jose City College, 7:30 p.m. on Wednesday. \$10.

Palo Alto

Volleyball. AACO's Sports Day four-on-four reverse coed

San Jose City College, 7:30 p.m. on Wednesday. \$10. Park. Jon McNamee (408) 978-2345.

Los Gatos

Los Gatos Rowing Club will hold a Junior Summer Learn-to-Row class July 28-Aug. 1, 8:30 a.m.-2:30 p.m. at the Los Gatos Rowing Club boathouse, 10000 Alma Bridge Road. \$250. John Martin (408) 866-6570.

Get Involved in Moffett Field

The Navy invites all interested parties to participate in the environmental cleanup process under way at the Former NAS Moffett Field Superfund site. Join the Restoration Advisory Board (RAB) to provide input on cleanup decisions and to serve as a liaison between the Navy and your community.

For more information, please contact Ms. Andrea Espinoza, the Navy's BRAC Environmental Coordinator at 619-532-0911 or EspinozaAM@efds.w.navy.mil.



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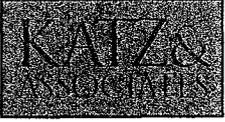
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Walgreens

October 20, 2003



Luis Rivero
Foster Wheeler Environmental Corporation
1230 Columbia Street, Suite 640
San Diego, CA 92101

RE: Community Relations Support for Moffett Federal Airfield

Transmittal: Paid advertisements announcing the RAB Recruitment

Dear Mr. Rivero:

This letter serves to inform you that ads announcing the RAB Recruitment were published weekly in the San Jose *Mercury News* supplement, *The Guide*, between 08 May 2003 and 17 July 2003 to facilitate RAB recruitment. Enclosed are tear sheets for proof of publication.

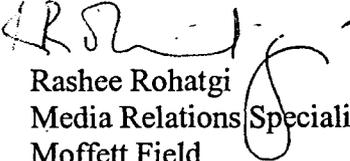
- ❖ San Jose *Mercury News* – published 08 May 2003
- ❖ San Jose *Mercury News* – published 15 May 2003
- ❖ San Jose *Mercury News* – published 22 May 2003
- ❖ San Jose *Mercury News* – published 29 May 2003
- ❖ San Jose *Mercury News* – published 05 June 2003
- ❖ San Jose *Mercury News* – published 12 June 2003
- ❖ San Jose *Mercury News* – published 19 June 2003
- ❖ San Jose *Mercury News* – published 26 June 2003
- ❖ San Jose *Mercury News* – published 17 July 2003
- ❖ San Jose *Mercury News* – published 24 July 2003

(24 July 2003 ad published in two zones, therefore there are two tear sheets)

Since *The Guide* is circulated to communities of interest including Palo Alto, Los Altos, Mountain View and Menlo Park, it was substituted for the Los Altos *Town Crier* for advertising purposes.

Please ensure that Diane Silva receives the originals and one set of copies for the Administrative Record file. In addition, please see that copies are distributed to the individuals listed below. If you have any questions about this transmittal, please do not hesitate to call me at 858-452-0031 x350.

Sincerely,


Rashee Rohatgi
Media Relations Specialist
Moffett Field

Attachments: 1 set of originals
4 sets of copies

cc: A. Espinoza, SWDIV
D. Silva, Administrative Records Coordinator (originals + 1 copy)
FWENC, DC File