

# SLB Coaching & Training Systems

## SLB Weekly Newsletter

"Fatigue is largely chemical. Blood from an exhausted animal will bring on symptoms of fatigue when injected into a rested animal." – John Jerome

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### *SLB Group Rides and Runs*

You are welcome to join us - unofficially of course. The cost for riding with us is: have fun, buddy up with someone and watch-out for each other, help each other out and have FUN. Did I mention the surcharge? HAVE FUN!

I'll be offering assistance with flats and basic bike maintenance and care as usual. But, you should always ride with 2 spare tubes, a frame pump (or CO2 cartridges), tire levers, basic bike tool, water & electrolyte replacement fluid, food - energy bars, gel packets or a bagel, identification, medical ID, cash and a credit card. I'll provide route maps and directions, stories and a few jokes!

In order to avoid confusion and potential problems, please use the following policy concerning group rides and runs:

## Group Runs

### **Ice and Snow –**

If the roads are covered with either **ice or snow**, the group run will be cancelled.

### **Temperature –**

When the temperature or the Wind Chill is **below 0°**, the group run will be cancelled.

### **Weather Warnings –**

Any **weather advisory** or **storm warning** will cancel our group run.

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### Group Rides

#### Ice and Snow –

If it is **snowing or sleeting** or the roads are covered with either **ice or snow**, the group ride will be cancelled.

#### Temperature –

When the temperature or the Wind Chill is **below 35°**, the group ride will be cancelled.

#### Wind –

Severe wind conditions will also cancel our group ride. Winds **above 25** mph or **gusts above 35 mph** will cancel our group ride.

#### Rain –

Heavy rain will cancel our group ride.

#### Weather Warnings –

Any **weather advisory** or **storm warning** will cancel our group ride.

These guidelines are safety precautions. You will need to use your judgment and common sense. If you feel uncomfortable about running or cycling in the weather conditions, don't! And, if you arrive at the meeting location and no one is there – go home and don't ride!

You are better off skipping a run or ride in bad weather and making up the workout on an off day.

### Sunday, December 22

**SLB Group Ride**, meet @ Loeb Boathouse, Central Park 8 am. Nyack, NY via River Road, the Alpine Hill, Rt. 9W. Return via Rt. 501 and the Walnut Street Hills. (Route Sheet available via e-mail) 50+ miles.

### Saturday, December 28

**SLB Group Ride**, meet @ Loeb Boathouse, Central Park 8 am. Nyack, NY via River Road, the Alpine Hill, Rt. 9W. Return via Rt. 501 and the Walnut Street Hills. (Route Sheet available via e-mail) 50+ miles.

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### *Races*

Do you have a favorite race? Send me the details to have it included in the SLB Newsletter.

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### Saturday, December 21

**The Beach Blast** 5 Km, Newton, NJ 1:00 pm, The Bears Running Club 973-383-7933, [bearsrunningclub@aol.com](mailto:bearsrunningclub@aol.com), "if you race in a bathing suit (just a bathing suit), your entry is free" otherwise it's \$8 pre and \$10 day of!

**HO HO HO Holiday** 5 Km, 9:30 am, Bethpage HS, Bethpage, LI, Greater Long Island Runners Club, <http://www.glirc.org>

### Sunday, December 22

**Holiday Four Miler**, Central Park East Drive @ 97 Street, number pick-up @ NYRR, 9:30 am, NYRR <http://www.nyrrc.org/> This is a scored and a NYCM qualifying race.

### Sunday, December 29

**The Chilly Hilly Challenge** 5 Km, County College of Morris, Randolph, NJ, <http://www.OYMP.net/> .

### Saturday, February 22

**Cherry Tree 10 Mile**, Prospect Park, <http://www.pptc.org>

## *New York Road Runners Race Schedule – 2003*

<http://www.nyrr.org>

### Event Schedule Key

- S** Scored Race
  - Q** 2004 New York City Marathon Qualifying Race
  - \$** NYRR Prize Money Race (*info coming soon*)
  - +W** Club Points Race for Women
  - +M** Club Points Race for Men
- All races are co-ed unless otherwise indicated.

### January

Sun 12	NYRR Fred Lebow Classic	5M 9:30a	S	Q
Thurs 16	Thursday Night at the Races, Armory Track and Field Center	var. 7:00p		
Sat 18	NYRR Frostbite 10-Mile	10M 9:30a	S	Q
Sun 26	NYRR Gridiron Classic and Longest Football Throw (8:45a)	5K 9:30a	S	Q
Thurs 30	Thursday Night at the Races, Armory Track and Field Center	var. 7:00p		

### February

Sat 1	NYRR Al Gordon 15K	15K 9:30a	S	Q
Tues 4	Fleet Empire State Building Run-Up	86 fl 10:30a	S	
Sun 9	Thomson Valentine's Twosome (2M-9:00a, 10K-9:30a)	10K/2M 9:30a	S	Q
Thurs 13	Thursday Night at the Races, Armory Track and Field Center	var. 7:00p		
Sat 15	NYRR Metropolitan 50-Mile	50M 8:00a	S	Q
Sat 15	NYRR Kurt Steiner 50K	50K 9:00a	S	Q

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Sat 22 NYRR Snowflake 4-Mile (Men-8:30a, Women-9:30a) 4M 8:30a S Q / +M/W  
Thurs 27 Thursday Night at the Races, Armory Track and Field Center var. 7:00p

### March

Sun 2 Coogan's Salsa, Blues, and Shamrocks 5K/Kids Races, Washington Heights  
5K 9:00a S Q +W  
Sat 8 NYRR Brooklyn Half-Marathon, Brooklyn 13.1M 8:00a S Q / +M  
Sat 15 NYRR Spring Fling 5M 9:30a S Q  
Sat 15 Police-Fire Race 5M 10:30a S Q  
Sun 23 NYRR 20-Mile Run and Relay 20M 9:00a S Q  
Sat 29 Skaggs-Walsh 5K, Queens 5K 8:00a S Q  
Sat 29 NYRR Queens Half-Marathon, Queens 13.1M 8:10a S Q / +M/W

### April

Tues 1 New York Health & Racquet Club Backwards Mile, Washington Square Park  
1M 10:00a  
Sat 5 NYRR 8000 8K TBD S Q / +M/W  
Sat 5 USA Men's 8K Championships (invitation only) 8K TBDS  
Sun 13 NIKETOWN Run for the Parks/Kids Races 4M 10:00a S Q  
Sat 19 NYRR Rabbit Run 5K 9:30a S Q  
Sun 27 NYRR Tom Labrecque 4-Mile 4M 9:00a S Q / +M/W

### May

Sat 3 Revlon Run/Walk For Women, Times Square 5K 9:00a  
Sun 11 Child Magazine Mother's Day Women's Half-Marathon (women only)  
13.1M 8:00a S Q +W  
Sun 11 Child Magazine Mother's Day Co-ed 5K/Children's Play Zone 5K 8:00a S Q  
Wed 14 JPMorgan Chase Corporate Challenge #1 3.5M 7:00p  
Sat 17 NYRR You Gotta Have Park 5-Mile/Kids Races, Brooklyn 5M 10:00a S Q  
Sun 18 Police Memorial Run 5K TBD  
Tues 20 Carey Wall Street Rat Race, Lower Manhattan 4.01K 6:30p  
Wed 21 Kurt Steiner Summer Evening Series #1, Brooklyn 5K 7:00p  
Wed 28 Kurt Steiner Summer Evening Series #2, Staten Island 5K 7:00p

### June

Sun 1 National Council on Women's Health Race Against Teen Smoking/Kids Races  
4M 9:00a S Q  
Tues 3 JPMorgan Chase Corporate Challenge #2 3.5M 7:00p  
Wed 4 NYRR Kurt Steiner Summer Evening Series #3 5K 7:00p  
Sat 7 New York Mini (women only) 10K 9:00a S Q / +W  
Wed 11 Viacom Outdoor Museum Run 5K 7:15p  
Wed 11 NYRR Kurt Steiner Summer Evening Series #4, Staten Island 5K 7:00p  
Sun 15 WABC Fight Against Prostate Cancer/Kids Races 5M 8:30a S Q / +M  
Wed 18 Kurt Steiner Summer Evening Series #5, Brooklyn 5K 7:00p  
Sat 21 NIKE RUN NYC Fitness Series Race #1 TBD 8:30a S Q  
Wed 25 JPMorgan Chase Corporate Challenge 3.5M 7:00p  
Wed 25 NYRR Kurt Steiner Summer Evening Series #6, State Island 5K 7:00p  
Sat 28 Front Runners New York Lesbian and Gay Pride Run 5M 9:00a S Q

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### *New York Triathlon Club Race Schedule – 2003*

#### **March 30 - 17th Annual MARCH MADNESS BIATHLON**

Central Park - Run-2.2 mi. Bike-12 mi. Run-2.2 mi.

[Race Info](#) - [Acceptance Letter](#) - [Map](#) - [Photos](#) - [Enter Online](#)

#### **April 27 - 19th Annual BRONX BIATHLON**

Orchard Beach, Bronx - Run-3 mi. Bike-18 mi. Run-3 mi

[Race Info](#) - [Acceptance Letter](#) - [Map](#) - [Photos](#) - [Reviews](#)

#### **May 10 (Saturday) - 15th Annual SPRING COUPLES RELAY**

Central Park - Run-2.2 mi. Bike-12 mi. Row-3/4 mi Male/Female Teams

[Race Info](#) - [Acceptance Letter](#) - [Map](#) - [Photos](#) - [Reviews](#)

#### **May 18 - 19th Annual QUEENS BIATHLON**

Alley Park - Run-3 mi. Bike-18 mi. Run-3 mi.

[Race Info](#) - [Acceptance Letter](#) - [Map](#) - [Photos](#)

#### **June 8 - 18th Annual NY TRI/BI-ATHLON SERIES #1**

Harriman St. Pk. - Triathlon: Swim-1/2m Bike-16m Run-3 mi Biathlon: Run-3m. Bike-16m Run-3m

[Race Info](#) - [Acceptance Letter](#) - [Map](#) - [Photos](#)

#### **June 22 - 2nd Annual WESTCHESTER MEDICAL CENTER BIATHLON**

Valhalla, NY - Run-2 mi. Bike-16 mi. Run-2 mi.

[Race Info](#) - [Acceptance Letter](#) - [Map](#) - [Photos](#)

#### **July 13 - 7th Annual HUDSON VALLEY TRI/BI-ATHLON**

Ulster County, NY - Swim-1.5K Bike-40K Run-10K \*\*\* Run-5K Bike-40K Run-5K see Bulletin Board)

[Race Info](#) - [Acceptance Letter](#) - [Map](#) - [Photos](#) - [Reviews](#)

#### **Aug. 10 - 18th Annual NY TRI/BI-ATHLON SERIES #2**

Harriman St. Pk. - Triathlon: Swim-1/2m Bike-16m Run-3 mi, Biathlon: Run-3m. Bike-16m Run-3m

[Race Info](#) - [Map](#) - [Photos](#)

#### **Aug. 17 - 16th Annual CENTRAL PARK TRIATHLON**

Manhattan - Swim-1/4 mi., Bike-12 mi., Run-5 mi

[Race Info](#) - [Acceptance Letter](#) - [Map](#) - [Photos](#)

#### **Sept. 14 - 7th Annual AMERICAN MEMORIAL TRIATHLON**

Orange County, NY - Swim-0.5 mi. Bike-16 mi. Run-4 mi.

[Race Info](#) - [Acceptance Letter](#) - [Map](#) - [Photos](#) - [Reviews](#)

#### **Sept. 21 - 19th Annual NEW YORK CITY BIATHLON**

Central Park - Run-2.2 mi. Bike-12 mi. Run-2.2 mi.

[Race Info](#) - [Acceptance Letter](#) - [Map](#) - [Photos](#)

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**October 12 - 19th Annual CENTRAL PARK BIATHLON**

Central Park - Run-2.2 mi. Bike-12 mi. Run-2.2 mi.

[Race Info](#) - [Acceptance Letter](#) - [Map](#) - [Photos](#)

### *Eagleman / Blackwater*

<http://www.tricolumbia.org/>

**The Blackwater Eagleman Triathlon (1.2 mile Swim / 56 mile Bike / 13.1 mile Run)**

**Sunday, June 8, 2001 7:30 am** (starting time is depending on tides)

### *Tupper Lake*

<http://www.tupperlakeinfo.com/tinman.htm>

**Tupper Lake Tinman Half Ironman Distance (1.2 mile Swim / 56 mile Bike / 13.1 mile Run)**

**Tupper Lake Tinman Sprint Distance (½ mile Swim / 20 mile Bike / 10 Km Run)**

The Tupper Lake Tinman Triathlon, located in the center of the unique Adirondack Park of upstate New York, marks its 21st year of athletic competition. The 1.2 mile swim, 56 mile bike, and 13.2 mile run make the Tinman course a true test of endurance while taking the competitors through this beautiful region.

**Saturday June 28, 2003 8:00 am (Tinman), 8:30 am (Sprint)**

### *Ironman USA Lake Placid*

<http://www.ironmanusa.com/>

**Ironman USA Lake Placid (2.4 mile Swim / 112 mile Bike / 26.2 mile Run)**

The 2003 Ironman USA Lake Placid triathlon has been closed to general entry, only two weeks after the 2002 event took place in the tiny, upstate village, known internationally for hosting two Winter Olympics (1932 and 1980).

**Sunday July 27, 2003 7:00 am**

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### *Race News*

#### **Knickerbocker 60 K, Saturday, November 30, 2002, Central Park**

The 23<sup>rd</sup> Knickerbocker 60 K was held in Central Park on Saturday, November 30<sup>th</sup>. The race was started in 1978. It was the first ultra race held in the US. The first race was won by Terry Knickerbocker. He set the event record (3:40:42) in 1981. The women's record was set last year by Ellen McCurtin (4:41:22). The original course was six 10 Km loops of the park. The

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current course is the four mile loop. The race is conducted by the Broadway Ultra Society (BUS), one of the premier Ultra organizations in the US. There were 11 women and 65 men finishers.

### Men:

1. Kevin Shelton-Smith	4:26:30	7:09/mile
2. Ramon Bermo	4:30:20	7:16/mile
3. Albert Laporte	4:57:29	7:59/mile

### Women:

4. Denise Lohja	5:31:13	8:54/mile
5. Joanna Watts	5:33:35	8:58/mile
6. Linda Vara-Doldi	5:46:54	9:19/mile

**Unofficial finisher** – a 16 year old that I met up at Tupper Lake two years ago, ran the race unofficially (the minimum age for entry is 18) and finished in under 4 hours 30 minutes! The future of American running and Triathlon? I've spoken with his father, who also runs – significantly slower and shorter. This kid loves to run and do triathlon.

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## *Training News*

### **Post Workout Nutrition – Chocolate Milk!**

*From Running Research News, Volume 18, Issue 7, September 2002*

Research conducted by Mark Tarnopolsky, among others, has shown that the timing of a high carbohydrate diet can greatly enhance muscle glycogen levels. Eating a high carbohydrate meal within 30 minutes of either endurance or resistance exercise appears to improve total daily muscle glycogen re-synthesis. Additionally, this routine also positively effects protein metabolism.

One to two grams of carbohydrates per kilogram of body weight within 20 to 30 minutes after exercise. In addition you should be consuming 10 to 20 grams of protein. It's suggested that natural foods, not special drinks, be used because we assimilate amino acids better when they come from balanced proteins in real food.

And the ideal post workout food? Chocolate Milk!

### **BRick Workouts / Bike Run Transition**

*From Running Research News, Volume 18, Issue 7, September 2002*

The debate has been long standing, but the research has been non-existent, until recently. The current research seems to indicate that neuromuscular pathways and a "rhythm-generator" effect are what cause poor running performance in triathlon. A Colorado study found that high cadence and low pedal pressure produced the fastest runs after cycling.

So, if you've wondered whether you should be increasing your cadence towards the end of your bike, in preparation for your run, the answer is YES!

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### *Clinics*

#### Cycle Clinics – Wednesday 6:30 pm – 7:30 pm

These are a series of free clinics for the **Cyclists** and **Triathlete**. They cover Bike Fit – Getting the Most Out of Your Bike, Bike Maintenance, Tire Changing, Transition – Getting it Right!, Getting Ready for Competition, a Race Ready Bike and USAT Rules. They are offered free of charge at local bicycle shops and at local triathlon races.

There are a series of free clinics for **Cyclists**. They cover Bike Fit – Getting the Most Out of Your Bike, Bike Maintenance, Tire Changing, Bike Pedals – Toe Clips or Clipless?, Bike Gears & Shifting Skills, Cycle Clothing, Nutrition for Cyclists – Eating Right. They are offered free of charge at local bicycle shops.

#### Locations:

5BBC – 891 Amsterdam Avenue (103 Street), 212-932-2300 x115

- **January –**
  - **Monday, January 13, 2003, 7:00 pm** - Bicycle Design
  - **Monday, February 10, 2003, 7:00 pm** - Bike FitRefreshments will be served

Larry & Jeff's Bicycles Plus – 1690 Second Avenue (87 Street), 212-722-2201

#### Tentative Schedule:

- **January –**
  - **Wednesday, January 8, 6:30pm:** Bike Design & Bike fit
  - **Wednesday, January 15, 6:30pm:** Race Season Over – What now? Spinning, Trainers, rollers and weights – off season conditioning
  - **Wednesday, January 22, 6:30pm:** Maintenance & Tire Changing
- **February –**
  - **Wednesday, February 12, 6:30pm:** Bike Design & Bike fit
  - **Wednesday, February 19, 6:30pm:** Race Season Over – What now? Spinning, Trainers, rollers and weights – off season conditioning
  - **Wednesday, February 26, 6:30pm:** Maintenance & Tire Changing
- **March –**
  - **Wednesday, March 5, 6:30pm:** Maintenance & Tire Changing
  - **Wednesday, March 12, 6:30pm:** Bike Design & Bike Fit
  - **Wednesday, March 26, 6:30pm:** Go Faster and Further – skills, training, aero and nutrition
- **April –**

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- **Wednesday, April 2, 6:30pm:** Maintenance & Tire Changing
- **Wednesday, April 9, 6:30pm:** Bike Design & Bike Fit
- **Wednesday, April 16, 6:30pm:** Go Faster and Further – skills, training, aero and nutrition

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### *USA Triathlon – Membership Fees go up*

COLORADO SPRINGS, Colo. (Dec. 9, 2002) – Responding to increasing insurance costs among other issues, the USA Triathlon Board of Directors voted at the last board meeting to raise the costs of USAT annual and one-day memberships.

The cost of an annual membership will go from \$25 to \$30 per year. The cost of a one-day membership will increase from \$7 to \$9. The change will take effect Jan. 1, 2003. The cost of a pro/elite license will go up from \$75 to \$90. USA Triathlon has not changed the cost of an annual membership since 1993, when the price dropped from \$32 to \$25.

Some membership costs will be staying the same. The cost of a silver membership will remain \$100 and the cost of a gold membership stays at \$200. A youth annual membership is still \$15 and a youth one-day is still \$3.

The increased costs reflect a predicted 30-percent rise in USA Triathlon's insurance premiums for 2003. USA Triathlon provides its members with health insurance coverage over and above their own, should they be injured during a USA Triathlon-sanctioned race. Annual members are insured for the year. One-day members are insured for the day.

USA Triathlon also provides liability insurance for events. Event liability insurance protects race directors, venue owners, athletes, sponsors, spectators and volunteers. It is comprehensive and is the principal tool that allows race directors to their events.

The fee increase will also help fund new USA Triathlon initiatives, such as the hiring of a duathlon coordinator to help that discipline prosper. The organization will also be hiring a full-time risk manager to monitor race safety, which can help prevent future insurance and membership cost increases by decreasing the number of accidents and injuries. "I have made no secret of the fact that, as president, I want our federation to become more of a service organization rather than just a governing body," said Ray Plotecia, president of the USA Triathlon Board of Directors. "With continuing growth comes an expanded requirement to provide service. The duathlon coordinator and risk manager were necessary to provide that support."

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### *Aqua Sphere Seal Mask & Kaiman Goggles*

Interested in a Seal Mask or Kaiman Goggles? You can get free shipping! Go to <http://www.AquaSphereUSA.com> use the code: 28A205 to get free shipping.

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### *Miscellaneous – Athlete Public Service Announcement*

BEAT MANHATTAN RENTS, SLEEP LATER, GET TO WORK FASTER. Did you know you can get to Midtown from Astoria in just 20 minutes? Peter Burger is looking for a roommate starting in mid February. He lives in a nice two-bedroom apartment in this hip section of Queens. Located just three stops from 59th St./Lexington Ave. on the N/R line. Bedroom furnished with armoire; faces

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East (sunlight!). Large kitchen and living room. Parquet floors. \$650/month. Contact Peter at [peter.burger@ey.com](mailto:peter.burger@ey.com) or at 917-517-5748 on the weekend or 212-773-6673 (work) during the week.

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