

THE RUNNERS SOLA



KANAWHA VALLEY ROADRUNNERS OFFICIAL NEWSLETTER

RAY N. JOENS, EDITOR 1982 NOVEMBER-DECEMBER

THE PRESIDENT'S PAGE

I wish to take this opportunity to point out that this Newsletter, which is long overdue, has come about through the efforts of your Board of Directors but, more importantly, because of the very capable efforts of Ray Joens. Ray is a KVRB member and now volunteer editor. We also owe gratitude to Gary Smith who has taken charge of managing the Club Treasury. Both of these runners have a special interest and talent in these areas. It was a stroke of luck we found these capable volunteers and, as a club, we should not have to rely on luck. The way to remedy our reliance on luck is to involve all of you in the club. Please feel free to express your opinion and desires as to what your club should be doing in the way of activities. We ask that you contact any of the Board members in this regard. Each of you is invited to club meetings which are held the fourth Thursday of each month at the Kanawha City Community Center at 7:30 p.m. We desperately need your input and assistance if the KVRB is to be anything more than a Board of Directors and some race schedules. Please let us hear from you! David Fields

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

William O'Dell	President
Annette Castelle	Secretary
Gary Smith	Treasurer

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Annette Castelle	Jim Jones
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FROM THE EDITOR:

This is our first Newsletter. It will be published every other month. Its purpose is to inform you about the KVRR, its membership and its events. But for it to be successful we must have your help! We want the Newsletter to be interesting to you and representative of your interests.

Let us know about your achievements, your concerns, your questions, your injuries, your problems in running. Let us know of unusual incidents or experiences which you encounter as you run, race or jog.

No experience which you may have had or concern which confronts you now is too inconsequential - it will be of interest and importance to someone who runs or jogs for sport, health or recreation. This Newsletter can provide that link between you and the membership at large of KVRR.

Simply jot down the details and mail it to Editor, KVRR Newsletter, P.O. Box 2282, Charleston, West Virginia, 25328. Don't worry about your literary skills - we'll take care of that, if necessary.

This is your Newsletter. We want it to be a success! We want it to be the best! We want it to be for you! We want it to be about you! We need your help! Share your experiences, concerns and questions with your fellow runners and club members. Ray N. Joens

MEDICAL CORNER

by Dr. Alfred K. Pfister, M.D.

The healthy heart reponds to exercise by becoming more efficient in terms of delivery of oxygen to tissues. Much attention has been directed to the public by medical literature sources and the lay press concerning stress testing. The cost-effectiveness of the Bicycle Exercise Stress Test (BEST) has been the subject of question by several health investigations. Let us examine some of the issues.

The BEST can be highly sensitive for severe coronary artery disease (that is, all three vessels), but can miss 20% of cases with two-vessel disease and up to 40% of cases with single vessel disease.

The BEST, because of its sensitivity, unfortunately loses its specificity. That is, there will be a considerable number of false positive tests in any given population. To confirm whether these cases are "falsely positive" or truly positive, one must resort to more extensive stresses which include Thallium stress testing and coronary angiography.

In addition to the difficulties encountered with sensitivity and specificity, the cost currently runs close to \$200-250 for the BEST. This cost does not include follow-up studies in those individuals with BEST results which require Thallium testing and angiography.

Currently the state of the art seems to dictate that BEST should be limited to individuals who are high risk (e.g. who have parents or siblings with coronary disease at a young age, severe high cholesterol, etc.) or display pressure or discomfort in the breastbone with exertion. There appears to be no place in mass screening of low risk, asymptomatic youthful individuals.

(If any of our readers have questions concerning the medical aspects of running or jogging or exercise physiology, in general, please send them to the Editor for answer in subsequent Newsletters. Editor)

COLD WEATHER CLOTHING FOR RUNNERS

by Bill Ripley

We often hear or read that in cold weather a runner should bundle up with a combination of cotton, wool and nylon clothing to avoid freezing or frostbite. The non-running media, some well-intentioned experts, weather forecasters, and others provide a disservice to runners with their erroneous advice and misinformation. The point of this article is simple. We want to share our knowledge concerning clothing for running in cold weather whether it be based on research and development, technological advances, or our own experiences so that all runners may benefit from the advantages of running warm in colder weather.

A lot of runners tend to overdress in cold weather. This can be discomforting and, given certain circumstances, harmful. There is a difference between one's perception of temperature and comfort when you are looking out the window on a cold day and thinking about running and when you are actually participating. The tendency is to dress for the way you feel when you first step into the cold rather than the way you feel after you've been running for fifteen minutes or after a few miles. This is a mistake. Before the running boom, most runners wore the loose cotton sweat suits with or without a hood. They were cheap, warm and long lasting. A lot of people still favor this type of gear. There are a couple of drawbacks, of course.

Cotton/polyester does not serve as a very effective shell for retaining heat and, since the fibres expand when wet, they remain damp with moisture. This can create a chilling effect on the body depending upon the air temperature and wind conditions. Skin temperature can be lowered and hypothermia could possibly result. For weather not too inclement, these cotton/polyester, cotton/acrylic or acrylic blends are great! But for those days with lower air temperature, humid conditions and rain or snow, runners would do well to wear full warm-up suits consisting of pants and jacket of Antron nylon with a Zepel water repellent finish. Running suits made from this fabric are very light in weight and feature front and rear shoulder panels made of a mesh material for ventilation. This feature reduces the amount of moisture inside the suit by releasing vapor and preventing heat buildup which causes more perspiration. Most manufacturers now include a hooded collar and 12" zippers on pant legs for easy in-and-out access.

Please understand, all nylon running suits reach a moisture saturation point after only one-half hour of wear. They are not waterproof while you are running, but, will dry somewhat from the outside air. One fabric with good characteristics for keeping you dry, however, is Gore-Tex. In Gore-Tex clothing, a film is laminated between the inner and outer layers of fabric with 9 billion pores per square inch. Each pore is large enough to allow water vapor to escape from inside yet small enough to prevent water droplets from penetrating the fibre.

To complement either the Antron or Gore-Tex fabrics, a long sleeve polypropylene crew/turtleneck shirt and "long john" pants are suggested as a first layer of underclothing. Polypropylene is a synthetic fiber which through a "wicking effect" stays dry no matter how much you perspire and maintains body warmth with a thin dry layer of insulation. (Sometimes when the temperature is not below 45 degrees, I wear a polypropylene shirt underneath a short sleeve shirt and running shorts. This is a good combination when not windy or raining.)

And do not forget the head and hands. At least 50% of your body heat is lost from these areas. Cotton gloves are good as well as cheap. When it gets colder, try a thin five finger glove underneath wool mittens. Gore-Tex mitts work well, too. For your head, any kind of cap or hat, with ear flaps if you prefer, will retain body heat and provide comfort when temperatures are low.

Remember - during cold weather - layers of lightweight clothing are the key. The layers won't interfere with your body's natural cooling and heating mechanism and you stay warm, dry and comfortable. Now is the time of year to experiment with different fabrics and assortments of running apparel in preparing for the cold months ahead. Stay warm and keep running!

ON BEING BITTEN BY A DOG

by D.W. Woody, Jr.

While riding on the Bike Trek, I was bitten by a dog. The most serious injury was a sprained ankle. Here are some things I learned that might help you if you should be bitten.

- 1) Identify the dog and his owner. (Check mail box or whatever)
- 2) Contact the owner and have him confine the dog. (If the dog is unidentified or gets lost, killed, whatever - you may need rabies shots). Explain to the owner that he is liable for the dog's attack and will sue him if necessary to obtain damages.
- 3) Go to the hospital emergency room for treatment. (Expect to stay 3-5 hours.) In Kanawha County the hospital gives you a County Health Department form on which to report a dog bite.
- 4) Contact the Animal Shelter, report the attack, and give information on the owner. Shelter personnel will contact the owner re confining the dog.
- 5) Report the attack to County of City police, especially if the owner appears uncooperative. If needed, swear out a warrant against the owner. If you do this, Animal Shelter personnel in Kanawha County will pick up the dog (sometime) and confine him.
- 6) Follow up to insure the dog is confined and make sure he is taken to a vet after ten days for examination. (Kanawha County requires a rabies shot - which doesn't do the person bitten any good, but does require a visit to the vet.)
- 7) Do whatever you can to make the owner pay, even if he is cooperative. The German Shepherd that bit me could easily kill a child. It has happened. If the owner is not cooperative, sue him even if it only costs you additional money. I like dogs, I understand that in these times people may want a dog for protection, but dogs should not be permitted to attack persons in the streets or on the roads. (*)

Incidentally, I have gotten a lot of advise on how to avoid being bitten. A lot of the advice is good. But you've got to see the dog for the advice to be helpful.

*(Blue Cross requires reimbursement for any benefits they pay if you make claim against the dog's owner.)

The above article is a reprint from Spoke Notes (the Mountain State Wheelers News Letter). I thought it might also be of interest to runners. Don Barnett

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N O T I C E

Almost Heaven Marathon - The KVRB Marathon scheduled for October 9, 1982 has been postponed until Sunday, December 5, 1982. Obtaining a suitable course site has caused the postponement. A course site selection committee is now reviewing new site possibilities. Al Pfister is the Race Director.

RACE CALENDAR

RE: Registration Time
ST: Starting Time
SP: Starting Point
EF: Entry Fee
RD: Race Director

Nov. 6, 1982

Saturday
2nd Annual Citizens Action
Group (CAG) Classic*

RE: 10:00 a.m.
ST: 11:00 a.m.
SP: Not Available
EF: \$6.00 (\$7.00 Day of Race)
RD: David Grubb 346-5891 (0)
WVCAG 1324 Va. St. E
Charleston, WV 25301

Nov. 6, 1982

Saturday
Autumn Gold Classic, DuPont
City 10K

RE: 7:30 - 8:45 a.m.
ST: 9:00 a.m.
SP: DuPont High School
EF: \$6.00 (\$5.00 pre-reg.)
RD: DuPont-Belle Works
Employees Activities
Assoc.
c/o E.I. DuPont de
Nemours & Co.
901 W. DuPont Ave.
Belle, WV 25015

Nov. 7, 1982

Sunday
Marine Corps Marathon
RE: Pre-registration required

ST: Not Available
SP: Iwo Jima Memorial, Wash., D.C.
EF: Not Available
RD: Marine Corps Marathon
MCDEC
Quantico, Va. 22134
(703) 640-2225

Nov. 7, 1982

Sunday
Ashland Auto Parts-YMCA 10,000
Meter Challenge*

RE: Not Available
ST: 2:00 p.m.
SP: Central Park
EF: Not Available
RD: Ashland Area YMCA
(606) 324-6191
3232 13th Street
Ashland, Ky. 41101

Nov. 14, 1982

Sunday
WV "X" Country Championship 5K
and 10K

RE: 1:00 p.m.
ST: 2:00 p.m.
SP: Kanawha State Forest
EF: \$4.00 KVRRC Members (\$5.00
Non-members)
RD: Don Barnett 744-6866
Jim Jones 949-2711

Nov. 14, 1982

Sunday
4th Annual 15K Tygart Lake #V
TAC Championship*

RE: Not Available
ST: 2:00 p.m.
SP: Grafton
EF: Non Available
RD: Gary Bjorndahl
299 Blueville Drive, #4
Grafton, WV 26354

Nov. 20, 1982

Saturday
COGS/Shawnee Kanawha 10 Miler
RE: 8:30 a.m.

ST: 10:00 a.m.
SP: Kanawha City Community Center
EF: \$6.00
RD: Ray Dockery 768-9711
Bill O'Dell 744-4677

Nov. 25, 1982

Thursday
Thanksgiving Day Run - 5
and 1 Mile*

RE: 8:00 a.m.
ST: 9:30 a.m.
SP: Beckley - Raleigh County
YMCA
EF: \$6.00 (\$7.00 Late Reg.)
RD: Wayne Bennett 252-0715
c/o YMCA 121 E. Main Str.
Beckley, WV 25801

Dec. 5, 1982

Sunday
Almost Heaven Marathon
RE: 11:00 a.m.

ST: 1:00 p.m.
SP: Not Available
EF: \$5.00
RD: Al Pfister 744-1859

Dec. 31, 1982

Friday
2nd Annual New Year's Eve 5K*

RE: None
ST: 11:50 p.m.
SP: Washington & Greenbriar Sts.
EF: None
RD: Kathy Hastings
Annette Castelle
343-3779 or 343-9371

*ADDTL INFO: Could not verify this race as of mailing date.

Race directors should immediately contact the Road Runners Club regarding cancellation or rescheduling of events. Please provide any information regarding events to:

George or Annette Castelle (949-6400 (0))
124 West View Drive
Charleston, West Virginia 25311
343-9371 (evenings)

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M E E T I N G S

Board of Directors' Meeting - The November Meeting of the KVRRC Board of Directors will be on Thursday, November 18, 1982 at 7:30 p.m., Kanawha City Community Center.

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KVRRC Members - You are cordially invited to attend the monthly meetings of your Board of Directors. The next meeting will be on Thursday, November 18, 1982 at 7:30 p.m. in the Kanawha City Community Center - next door to Watt Powell Park. Come to the meeting - we need your interest and assistance!

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THE RUNNERS SOLE

The views and opinions expressed in The Runners Sole are those of the authors and do not necessarily reflect those of the Kanawha Valley Road Runners, its officers or Board of Directors.

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*ADDTL INFO: Could not verify this race as of mailing date.

TIPS FOR NOVICES

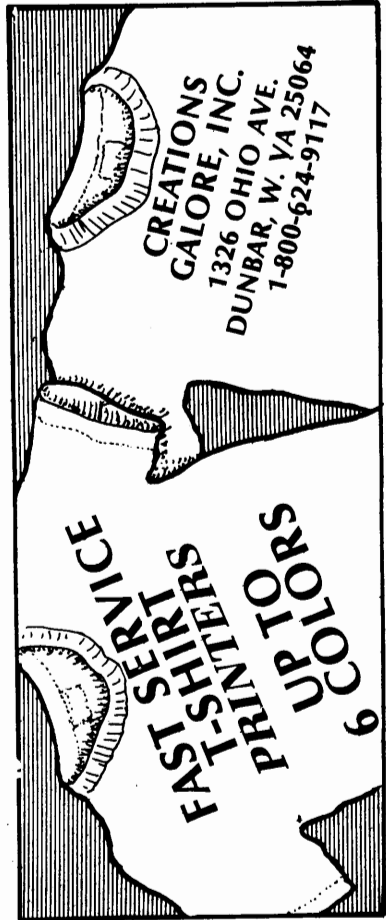
by David Fields

It was once noted at a Counsel on Physical Fitness that Americans may need to learn to walk again before they could hope to run efficiently. With reliance on automobiles, elevators, escalators, cycles and other means of getting about, we may have lost our ability to get around efficiently as pedestrians. Even those who were active in basketball, football and baseball and other sports really had not developed an appreciation for the "style" necessary for endurance activities involving prolonged use of the legs and feet.

One of the speakers at the meeting addressed, in simple terms, some techniques to use to make our beginning steps as a runner much easier. Some points to consider were shared as follows:

- a. If it were natural to run on our toes for prolonged periods, we would walk that way as well. We don't!
- b. If it were natural to run with a forward lean, we would also walk that way. Few of us do!
- c. Excessive "shoulder roll" or movement is ok if we are a football player with pads. Most of us aren't!
- d. A locked elbow is good if we were wrist wrestlers. If we are runners, a locked elbow promises us shoulder and neck stitches.
- e. A coach once noted that running begins with the thumbs. Next time you run keep the elbows unlocked, loosely cup the hands with the thumb and forefinger touching lightly. If you are doing this and otherwise running comfortably, you can feel alternating jolts at the base of the thumb. This is a good indication that your style is efficient at that moment.

For those of us just beginning, the nicest things about our sport is you need no one else as a participant, do not have to reserve a court, do not have to wait to participate and the only real thing about "style" you have to remember is that we should never use the same foot two times in succession. It doesn't work, believe me!



BUILDING SPEED

by Ray Dockery

Nearly everyone who has been running for any length of time at all can improve their speed. To improve speed, a speedwork program is essential. Speedwork is often misunderstood by novice and experienced runners alike. It should be a part of every runner's schedule who wants to see their times improve.

There are three uses of speedwork: building, maintaining, and fine tuning. This issue will describe a program which will help build a base for racing.

A track is generally the best place for speedwork. The distance is accurate and times are easily calculated. Any speedwork should be preceded by a warm-up of 1 to 2 miles of easy running as the body stretches and becomes accustomed to several gradual accelerations of 50 to 150 yards. Generally, during the first few times at the track, one should run timed quarter miles (one lap) with a one lap recovery run.

Six to ten quarters (laps) will be sufficient for the first few workouts with a recovery lap between each speed lap and several laps afterwards to "cool" down. Check your pulse after the second or third speed lap. Your pulse should be in the 150-180 range for one minute.

During the next 6-10 weeks and depending on your weekly mileage, the length of your speed laps can be expanded to halves (800's), three quarters (1200's) or even miles, but, at this point, the important matter is not to overexert. Upon finishing your speedwork sessions, you should feel as if you could still run one more quarter mile, half mile or mile.

The pace of your speedwork should be faster than your 10K race times but will be affected by experience and mileage.

In the next issue, we will discuss how to maintain the increased speed which our speed building program has made possible.

HEALTHY SAVINGS

15% OFF RUNNING SHOES
AND RUNNING CLOTHING

(with this ad)

- * New Balance
- * Frank Shorter
- * Etonic
- * Avia
- * Converse

CHARLESTON DEPT. STORE

Excluding Sale Merchandise
Limit 3 Items Per Coupon

WATER AND THE ATHLETE

by Carol Clark

Few people realize the importance of water in keeping the body's machinery operating at peak efficiency. Inadequate hydration is a major cause of poor performance, fatigue, illness and, occasionally, even death, especially in hot weather. The body needs water to regulate its temperature through perspiration, to rid itself of toxic wastes through urination, to maintain proper volume and pressure of blood, to supply oxygen and nutrients to muscles and vital organs and to permit the energy producing chemical reactions in muscle cells to take place. If muscles are not well hydrated, they'll feel weak and tired and eventually stop working.

Thirst is not an indication of the amount of water your body needs. You can stop being thirsty long before you've consumed the amount of liquids that you need. You should consume one quart of water for every one thousand calories of food you eat in a day.

Concerning athletic events, you should start checking your state of hydration two to three days before an event. Start with a well-hydrated body and drink during the event itself. Never wait until you're thirsty. Start with about three or more glasses of liquid about three hours prior to the event.

To assess the body's need for water, weigh yourself before and after a run. You should drink two cups of water for every pound you lose. A runner who loses three or more percent of body weight (about four pounds for the average runner) in a strenuous workout is likely to perform at less than his best.

Coffee, tea and colas are dehydrating and are probably best avoided during runs. Limited amounts are acceptable as the caffeine can reduce muscle fatigue but do make the heart work faster and can aggravate nervous tension. Sodas bloat the body with gas and caffeine is a diuretic, making your body increase urination and removing important body salts.

Alcohol should be avoided during workouts. The body cannot use it as a direct source of energy. It can dehydrate cells and impair efficiency of muscles. It can obviously interfere with judgment and coordination.

In summary, remember that thirst is not a good indication of the amount of water your body needs. Never wait until you're thirsty to drink and drink during endurance events, at least two glasses every hour. Inadequate hydration can make you lose that PR, as well as make you sick, tired and slow your recovery.

NEW MEMBERS

August

John Baird, Charleston, WV
Karen Wellman, So. Charleston, WV
James Chapman, Richwood, WV
Robert A. Gingras, Charleston, WV
Gary L. Johnson, Princeton, WV
Brant Seacrist, Richwood, WV
Steven Taleri, Dunbar, WV

September

James Bazzle, Charleston, WV
Harry Brungr, Charleston, WV
Thomas Cornell, St. Albans, WV
John Kee, Charleston, WV
William Myers, Blue Creek, WV
Steven Steward, Elkview, WV
Christi Woods, So. Charleston, WV
Mary Cox, Charleston, WV
Otto Drescher, St. Albans, WV
Elizabeth Eagle, So. Charleston, WV
Douglas & Kathryn Fike, So. Chas., WV
Judi MacDiarmid, Charleston, WV
Mike Pyryt, Charleston, WV

MEMBERSHIP DRIVE

Membership Drive - The KVRRC needs new members. If every member would recruit at least one new member, our membership would double. Recruit one new member! Lets see how much the KVRRC can grow!

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Kanawha Valley ROAD RUNNERS

The Kanawha Valley Road Runners (KVRRC) invite you to join a growing and helping group of runners. We currently have more than 200 members and expect to double this number during the next year by offering services which will be beneficial to all types of runners. Some of the benefits of club membership are:

1. Development of a club run--this run will provide other runners and race directors a "showcase" for how races ought to be conducted.
2. Bi-monthly meetings which will include lectures, discussions, movies, and trade sessions.
3. Development and sharing of training strategies for novice to experienced runners.
4. Bi-monthly mailings of a newsletter which will include upcoming events which receive the KVRRC's endorsement. This mailing also will include race results plus dates, times, and meeting places for training runs and special events.
5. Discount to club members from athletic stores.

Running has brought to the Kanawha Valley a wide assortment of runners/joggers. Whatever you consider yourself, we believe there is a place for you in our club. Please join with us in promoting running. If you are interested, mail the application below to: P.O. Box 2282, Charleston, WV, 25328, and enclose a check for \$5.00 single membership or \$9.00 family.

KVRRC MEMBERSHIP APPLICATION

(Check One) New Member Yes _____ No _____ Date _____

Type of Membership:

Regular (\$5) _____ Full Time Student (\$3) _____ Family (\$9) _____

Contributing _____ (Includes one of above memberships plus contribution to Club)

Last Name: _____ First Name: _____ Sex: M: _____ F: _____ Age: _____

Home Address: _____ City: _____ State: _____

Home Phone: () _____ Office Phone: () _____ Zip: _____

Occupation: _____ Student's School: _____

Family Membership Names: _____ Date of Birth: _____ RENEWING MEMBERS

1. _____ NOTE HERE: IF CHANGE

2. _____ IN ADDRESS

3. _____

4. _____

MAKE CHECK PAYABLE TO:

THE KANAWHA VALLEY ROAD RUNNERS CLUB

P. O. Box 2282

Charleston, West Virginia 25328

I*N*S*E*R*T

The October Board of Directors meeting was held on October 28th. The most significant items were:

Dave Fields resigned as President of the Roadrunners. Bill O'Dell, Vice-President, has assumed the responsibility of President.

The Almost Heaven Marathon is scheduled for December 5th at 11:00. Volunteers are needed for the race. To volunteer, call Bill Ripley (343-0463) or Carol Clark (O- 744-4677, H- 727-5412).

The Roadrunners are underwriting the Cross Country Championship on November 14th.

The December Board of Directors meeting will be at 7:00 on December 16th at the Kanawha City Community Recreation Center. The general membership is invited to attend.

Who Belongs?

The KVRRC Board of Directors thought you might be interested in knowing a few facts about who belongs to your club. We have done a simple analysis to share with you some of the statistics on our membership.

As of the mailing date, the KVRRC had 200 paid memberships in 1982.

Of those 200, 151 were 'Regular' memberships, 40 were 'Family' memberships and 9 were 'Student' memberships.

50 of our 1982 members were 'New' members and 146 were 'Previous' members of the club. 4 did not answer this question.

Of the 151 Regular memberships, 125 were male and 26 were female. Of the 9 Student memberships, 7 were male and 2 were female.

The ages of the Regular Male and Regular Female memberships are as follows :

13-19	1	0
20-29	18	9
30-39	45	10
40-49	39	4
50-59	17	2
60-69	2	0
70 & over	1	0
No Resp	2	1

The ages of the Student Male and Student Female memberships are as follows:

12 & under	1	0
13-19	4	0
20-29	2	2

From Where?

Anstead	1	Belle	1	Bluefield	2
Charleston	99	Charlton-Heights	1	Clendenin	3
Cross-Lanes	2	Dunbar	5	Elkview	3
Fayetteville	1	Gauley-Bridge	1	Glasgow	1
Huntington	2	Hurricane	4	Julian	1
Kimberly	1	Leet	1	Madison	3
Mallory	1	Mount-Carbon	1	Nitro	1
Poca	2	Point-Pleasant	1	Richwood	2
St-Albans	21	Scott-Depot	1	Smithburg	1
Smithers	1	So-Charleston	28	Spencer	1
Summersville	1				

Out of State:

Raceland, Ky	2
Russel, Ky	1
Gallipolis, Oh	1
Columbia, SC	1
Winston-Salem, NC	1

What Do Runners Do?

Accountant	3	Administrator	6	Architect	1
Awards-Analyst	1	AU-Specialist	1	Bank-Ofcr/Exmnr	2
Cable-Splicer	1	Car-Dealer	1	Chemical-Operator	2
Chemist	1	Clerk	7	Coal-Miner	2
Computers	8	Conductor-Chessie	1	Construction	1
Contractor	3	Coordinator	7	Dental-Hygenist	1
Dentist	2	Draftsman	1	Editor	1
Electrician	1	Employee-Relations	2	Engineer	21
Executive	3	FBI-Agent	2	Fingerprint-Tech.	1
Forester	1	Heavy-Eq-Operator	2	Housewife	1
Ins-Agent	7	Lab-Tech	1	Lawyer	13
Manager	6	Mechanic	1	Nanny	1
Nurse-Anesthetist	2	Nurse-Asst	1	Nurse-Pract.	1
Pharmacist	4	Physician	10	Pipe-fitter	2
Policeman	2	Retired	4	Sales	7
Secretary	3	Self-Employed	1	Speech-Path.	1
Sportswriter	1	Student	5	Supervisor	2
Surveyor	1	Teacher	11	Tele-Splicer	1
Usher	1	Volleyball-Coach	1	Welder	2
No-Resp	24				