

Glisson visits several DLA components on east coast



DLA Director Army Lt. Gen. Henry Glisson (*right*) with the a test flight crew from the Defense Contract Management Command Lockheed-Martin, Marietta, Ga. (*From left to right*) Master Sgt. Tom Danner, Tech. Sgt. Randy Baker and Maj. Ted Oesterle.

Army Lt. Gen. Henry T. Glisson, Defense Logistics Agency director, visited several DLA activities in South Carolina in September. He also visited DLA customers in the area. In early October, Glisson toured several DLA facilities and Army installations in Virginia and Georgia.

Some of the activities he visited in South Carolina included the Defense Automated Printing Service Charleston, S.C. operation; the South Carolina Research Authority, a non-profit DLA business partner in DLA's Research and Development program for Rapid Acquisition of Manufactured Parts; the Defense Fuels Support Point, Charleston; the Defense Contract Management Command personnel working in an Operating Location of the Columbia, South Carolina Area Office; and the Army War Reserve Materiel Afloat operation, part of the Combat Equipment Group-Asia.

Glisson said at all the locations he visited, everyone was very complimentary of the support they get from DLA.

"It was a very informative and productive trip," he said. "Overall, it was a great opportunity to thank a lot of people for outstanding support, and was a valuable forum for feedback from our workforce, business partners, and customers."

Some of the installations Glisson visited in the Virginia and Georgia trips included: the U.S. Army Forces Command, Fort Monroe, Va.; the Defense Automated Printing Service operation at Fort McPherson, Ga.; Defense Contract Management Command Lockheed Martin, Marietta, Ga.; DCMC Atlanta and the DCMC Associate Program Manager for Operations offices, Marietta, Ga.; Marine Corps Logistics Base, Albany, Ga.; Defense Reutilization and Marketing Office, Albany, Ga.; Defense Distribution Depot Albany, Ga.; Warner Robins Air Logistics Center, Robins Air Force Base, Ga.; and the



(Left to Right) John Bardham, Navy Rear Adm. David Keller, Dick Tiano, Army Lt. Gen. Henry Glisson, Air Force Col. Walt Kozak and Victor Gardner (at the computer) watch a demonstration of the Web-based business data exchange program at the South Carolina Research Authority, Trident Research Center, S.C.

Defense Distribution Depot Warner Robins facilities and operations.

At FORSCOM HQs, Glisson met with Maj. Gen. Robert Shadley, FORSCOM Deputy Chief of Staff for Logistics. "I was very pleased to hear them say that 'DLA support to FORSCOM is superb,'" he said.

The Defense Reutilization and Marketing Service Recovery Program being used by FORSCOM recovered \$40 million worth of inventory by repairing, reselling and redistributing it in fiscal 1998.

Glisson said "The leadership at Warner Robins also complimented the innovation, initiative, and 'can do' attitude of DLA in working with them on a variety issues."



Richard Mock (right) meets with DLA Director Army Lt. Gen. Henry Glisson, during his visit to the Defense Reutilization and Marketing Office, Robins Air Force Base, Ga.

Dick Tiano (left) talks with DLA Director Army Lt. Gen. Henry Glisson (center) about metal casting lead time at the South Carolina Research Authority, S.C. Bill Freeman (right) looks on.





Martha L. Maher (right), from the DLA Office of Congressional Affairs, accepts the Woman of Leadership award from the Honorable Joseph W. Westphal, assistant secretary of the Army (Civil Works). Maher received the award for her support and dedication to the Hispanic Employment Program and as coordinator for the DLA celebration of National Hispanic Heritage Month.

DLA's Hispanic Heritage Celebration

The Honorable Joseph W. Westphal, assistant secretary of the Army (Civil Works) was the guest speaker at the Defense Logistics Agency's Hispanic Heritage Celebration. Hispanic Americans of Spanish, Mexican, Cuban, Puerto Rican and Central and South American decent all have contributed to the defense of the United States. For example, Adm. David Farragut was the son of a Spanish sea captain who had fought in the American Revolutionary War.

DLA begins Congressionally mandated study of DAPS

The Defense Logistics Agency has begun a comprehensive study of the Defense Automated Printing Service as mandated by the fiscal 1999 Defense Authorization Act. Section 350 of the Act calls for the Secretary of Defense to select an independent entity to conduct the review. DLA has been delegated the responsibility for the study and has selected KPMG Peat Marwick Inc. to perform the analytical work for the review.

KPMG, with consultative support from industry and other printing experts in and out of government, will complete its assessment in late January

1999. The Department of Defense must then present its decisions to Congress by the end of March 1999.

DLA's Director, Army Lt. Gen. Henry T. Glisson, has charged Fred Baillie, executive director for Resources, Planning and Performance, Defense Logistics Support Command, to conduct the study.

"The study is intended to be an objective assessment of DAPS' current structure and operations so we have a valid and reliable database from which to make decisions on how and from whom the Department of Defense obtains printing and automation support in the future," said Baillie.

Super gas station opens at Fort Bragg

The first of two contractor-owned, contractor-operated fuel dispensing locations at Fort Bragg, N.C. opened for business Nov. 9.

Nicknamed 'super gas stations,' the new facilities will receive military spec jet fuel from Defense Fuel Support Point, Selma, N.C., and motor gasoline from local suppliers, for direct issue to Army vehicles and equipment.

Both sites are built on land leased from the Army and will store DESC-owned stock. Defense Energy Office-Fort Dix, N.J. acts as the ordering office and will input Defense Fuel Automation Management System inventory transactions until contractor personnel are trained.

DLA Systems Design Center disestablished

The Defense Logistics Agency announced on Nov. 10 the immediate disestablishment of the DLA Systems Design Center, a component responsible for developing and maintaining many of the agency's automated information systems. DSDC is headquartered in Columbus, Ohio, with operations in nine sites across the country.

Although its Columbus headquarters will close, DSDC's activities will be absorbed into the DLA organizations it services. Oversight of the agency's design and maintenance work will shift directly to the DLA chief information officer, located at Fort Belvoir, Va.

DLA plans to phase out approximately 42 jobs from the DSDC headquarters element by fiscal year 2000. This reduction of management and overhead positions will deviate only slightly from long-term employee drawdowns already planned in future year budgets.

"This action will enable the agency to speedily move into 21st Century IT operations, while retaining the capability to operate and maintain existing logistics systems," said Army

Lt. Gen. Henry T. Glisson, DLA director.

The decision follows a comprehensive study of DSDC conducted over the last ten months to identify opportunities for improving performance, streamlining operations and reducing costs. The rapid evolution of information technology and the decline of traditional government-conducted information technology workload require DLA to become more agile and responsive in its business practices.

The study compared the structure and functions of DSDC against alternative methods of obtaining information technology support. The range of possibilities looked at included, but was not limited to, maintaining the status quo, reorganizing, consolidating, downsizing and outsourcing.

"As a leader in the Defense Department's Revolution in Business Affairs, DLA relies more heavily on the way information is managed and moved around than we have in the past. It has become essential to develop or adopt the smartest ways of performing the DSDC mission," said Carla von Bernewitz, DLA's chief

information officer.

DSDC will be disestablished immediately, but transition of its operations and personnel into other elements of DLA will take place over the next nine to 12 months. As the implementation gets underway, every effort will be made to avoid Reductions-in-Force, to employ Voluntary Separation Incentive Payments and Voluntary Retirement Authority, and to ensure that any displaced employees are properly supported as they transition to other career opportunities.

DLA Systems Design Center Sites

Location	Employees
Columbus, Ohio	540
Dayton, Ohio	3
Battle Creek, Mich.	109
Ogden, Utah	97
Philadelphia, Pa.	84
New Cumberland, Pa.	68
Fort Belvoir, Va.	52
Richmond, Va.	1
Warner-Robins, Ga.	5

10 Things *not* to put on a DoD website

1. Classified, for official use only or unclassified sensitive information
2. DoD contractor proprietary information
3. Privacy Act information
4. Sensitive mission data, such as unit capabilities or performance
5. System capabilities, vulnerabilities, concept of operations, architectures
6. Social Security numbers
7. Home addresses
8. Dates of birth
9. Detailed family members information or pictures
10. Itineraries

For more information on DoD websites, contact your local webmaster.



Anchors Aweigh

Fifth graders from the Navy Elementary School, Fairfax, Va., perform at the Navy birthday celebration in the headquarters complex. Also on hand to help celebrate the Navy's 223rd birthday were the U.S. Navy Honor Guard and the Navy Band from the Washington Navy Yard, Washington, D.C.

Semper Fidelis

DLA's Deputy Director Navy Rear Adm. Bob Chamberlin (*left*) at the U.S. Marine Corps 223rd birthday celebration. Maj. Gen. Geoffrey Higginbotham (*center*), deputy chief of staff for Installations and Logistics, Headquarters, U.S. Marine Corps, Washington, D.C., was the guest speaker. Sgt. Brenden Barnett (*right*) from the Defense Mapping School, Fort Belvoir, Va., was the youngest Marine present at the ceremony, a tradition representing the passing down of knowledge from the older Marines to the next generation of Marines.



Reinvention van takes to the road

With its sides emblazoned with “Creating partnerships for better government — Protecting the environment & saving trees,” a new, 48-foot Reinventing Government-Pollution Prevention display van hit the road on Nov. 5, sponsored by the Defense Logistics Agency’s distribution depot in Susquehanna, Pa., and the U.S. Postal Service.

The DLA-USPS partnership began in July 1997, when the Defense Logistics Support Command’s Fred Baillie signed a Memorandum of Agreement with USPS, allowing DLA/DDSP to take excess wooden shipping pallets from post offices in the Washington Metro Area to the depot for reuse and recycling.

The partnership has been very successful for almost two years, saving USPS about \$200,000 per year in hauling and landfilling charges and saving DDSP significant dollars in costs of new pallets since the depot uses roughly 20,000 pallets per month, according to Air Force Col. Larry McCourry of DLA’s Environmental and Safety Policy Office.

Additionally, the partners are helping save trees and promoting pollution prevention, said McCourry.

The van showcases the partners’ reinvention and environmental efforts, which have received praise from the National Partnership for Reinventing Government as well as Fran McPoland, the Federal Environmental Executive. DDSP’s reinvention efforts have won the depot the White House Closing the Circle Award, the Governor’s Award for Environmental Excellence in the state of Pennsylvania, and the Vice President’s Hammer Award.

Exhibits in the carpeted, wood-

paneled van describe how DDSP is recycling wood pallets and fiberboard waste to reclaim and create new pallets and 100-percent-recycled-content fiberboard cartons. USPS reinvention and recycling efforts are depicted as well.

The van is high-tech, with a television monitor for videos and a laptop computer for access to the Internet.

The van debuted on Nov. 5 at DLA Headquarters. DLSC’s Commander, Navy Rear Adm. David Keller, toured the van in the afternoon and exchanged letters of appreciation with USPS officials, Environmental Management Policy Manager Dennis Baca and Vice President for Engineer-

ing Bill Dowling. McPoland attended the informal ceremony. DLA headquarters employees were invited to tour the van. DLA Director Lt. Gen. Henry Glisson also escorted several former DLA directors and deputy directors on a tour of the van as part of the Former Director’s Day Conference activities.

After its headquarters debut, the van began its busy travel schedule, starting with the Ronald Reagan Building in Washington, D.C., for the Nov. 9 “America Recycles Day Rally.” The next day, it moved to the city’s GSA Regional Office Building for the “Buy Recycled Workshop” sponsored by the Federal Steering Committee for the “America Recycles Day.”



Gerald Clemens (*right*) explains some of the exhibits on display in the Defense Distribution Depot Susquehanna, Pa. and U.S. Postal Service Reinvention Van to a DLA employee. The van made its inaugural appearance at DLA headquarters in November before going on the road.

Thurber takes over as head of Defense Energy Support Center

Recently, Gary S. Thurber assumed responsibilities as director of the Defense Energy Support Center at a ceremony in the Defense Logistics Agency headquarters, Fort Belvoir, Va.

Navy Rear Admiral David P. Keller, commander of the Defense Logistics Support Command, officiated at the ceremony.

Keller had high praise for Thurber. "Gary Thurber has been a member of the Senior Executive Service for many years. He is the most senior member of the SES within DLA. His appointment to head DESC is a strong statement that reinforces the Defense Logistics Agency's commitment to the center's new energy mission."

During Thurber's remarks, he complimented the men and women of DESC for their world class service and support to their customers. "The fact that the center was rated number one in DLA customer surveys is evidence of your dedication to being the energy supplier of choice." He praised DESC's senior leaders for



Navy Rear Admiral David P. Keller, commander of the Defense Logistics Support Command (*center*), hands over the command of the Defense Energy Support Center to Gary S. Thurber (*right*) as Col. Joseph Thomas looks on.

their innovative programs and their initiatives to move the center into the next century.

Thurber thanked Army Lt. Gen. Henry T. Glisson, DLA director, and

Keller for giving him this opportunity. Thurber added, "I am honored to have been selected as the first civilian head of the center."



Dr. Marshall H. Bailey, III

Acting director of DAPSC named

Dr. Marshall H. Bailey, III has been selected by Defense Logistics Agency Director Army Lt. Gen. Henry Glisson to serve as the interim director for the Defense Automated Printing and Support Center, effective Sept. 15, 1998. Bailey is a member of the Senior Executive Service.

Bailey is serving in DAPSC from his permanent position in the Defense Logistics Support Command until a permanent DAPSC director is selected.

Prior to this assignment, Bailey

was the deputy commander of the Defense Energy Support Center and the associate executive director for Policy, Systems, and Engineering in the former Material Management Directorate.

Bailey began his career in the government in 1967, serving in a variety of logistics positions at the Defense Logistics Agency Headquarters, the Defense Personnel Support Center and the Defense General Supply Center. He came to DLA headquarters in 1987 as a strategic planner.

DLA Hosts ICAF Day

by Lynford A. Morton
DLA Congressional & Public Affairs

In its simplest terms, it was a chance to teach the teachers. On a strategic level, it was much more.

The Defense Logistics Agency invited the staff and faculty of the Industrial College of the Armed Forces to the DLA's Fort Belvoir, Va., headquarters Oct. 30 for ICAF DLA Professional Development Day.

"This was a professional development exchange between DLA and ICAF to bridge the relationship between academia and the logistics combat support agency," said Rodney Wyche, DLA's logistics management specialist who coordinated the day's effort.

ICAF prepares selected military officers and civilians for senior leadership and staff positions by conducting post-graduate, executive-level courses of study and associated research. The curriculum deals with the resource component of national power, with special emphasis on materiel acquisition and joint logistics, and their integration into national

security strategy for peace and war.

"Several of the current military leaders are ICAF graduates," said Faye Davis, DLA chairperson at ICAF. "That's why our partnership is important. It allows for our students, the future power brokers, to become knowledgeable on the importance of combat logistics support to the warfighter. It also raises their awareness of DLA's role in 21st century logistics and the agency's engagement in the revolution in business affairs."

In keeping with that mission, Wyche said the agency selected the theme, "Supporting the Warfighter" for the professional development day.

"This is the first in a series of exchanges. We began by giving them an overview of core DLA areas and educating them on DLA missions and functions," said Wyche.

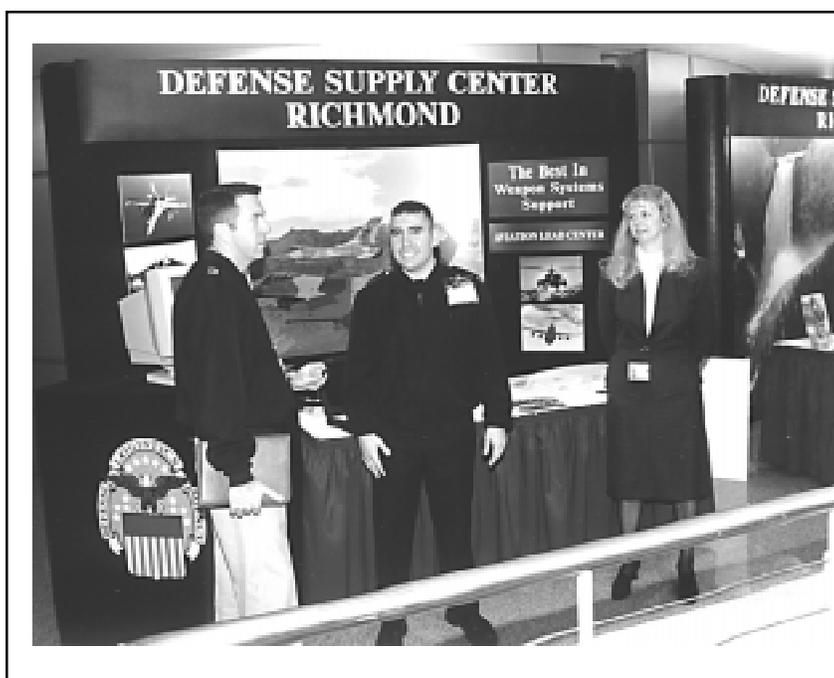
Attendees received overview briefings on the Defense Logistics Support Command, Defense Contract Management Command, DLA Planning and Operations, Integrated Consumable Item Support, Joint Total Asset Visibility and Joint Electronic Commerce Program Office.

"We also wanted them to take away a source of reference information," said Wyche.

Instructors would be able to take information from the DLA presentations and use them in classroom presentations, according to Davis. For instance, an instructor planning a wartime scenario would now have the tools to incorporate combat logistics support into the exercise.

Research opportunities associated with the ICAF Industries Studies Program will result from the partnership. As part of the 10-month course for the master's degree at National Defense University, each ICAF student studies a strategic industry. "We will look across the broad spectrum of research opportunities and solicit DLA sponsorship for those that match the business interests of the agency," said Davis. "This is an opportunity to leverage ICAF's intellectual capital to support DLA's interests."

The partnership between DLA and ICAF is mutually beneficial. "We are introducing ICAF to a 21st century DLA and forging a partnership that supports our mutual interests in developing future leaders and strategic thinkers."



DLA-CINC Day

Defense Logistics Agency Director, Army Lt. Gen. Henry Glisson, hosted the Joint Staff Logistics Commanders from all of the Commanders in Chiefs at the headquarters complex in November. Static display exhibits (left) were also on hand. The exhibits illustrated DLA's support to the warfighter.

Some of the topics covered in briefings throughout the day included the Prime Vendor program, Contingency Contract Administration and an E-Mall demonstration.

DSCP-Rome employee

Nearly 60 years of service but Giacalone is still going strong

by Lena Kim
DSCP Corporate Communications

Many things stand out in Louis Giacalone's federal career. For instance, his service in both World War II and the Korean War, his contributions to the U.S. Quartermaster Corps, and his role in improving subsistence support to military folks around the world come to mind.

But what jumps off the page of Giacalone's bio is the sheer length of time he has served this country—almost 60 years.

Today he is head of the Defense Logistics Agency's Defense Supply Center Philadelphia-European Region's Rome buying office. Giacalone's long-standing relationship with the Department of Defense can safely be described as a lifelong commitment.

Back in 1941, when first assigned to the Army Quartermaster Subsistence Unit at Camp Edwards, Mass., as a private first class, Giacalone said he wasn't thinking about 'career development' or 'job security.' He was focused on the mission.

"I saw it as a chance to make a difference in the welfare of the armed forces," said Giacalone, describing his unit's first months keeping troops fed on the USS Santa Rosa destined for New Caledonia and Australia.

"I will never forget that period of my life." From running bustling mess halls, to buying fresh fruit, vegetables and fish for over 80,000 troops stationed in the area, his mission-oriented focus was making a difference in helping to feed America's warfighters.

Spending several years back in the states after being discharged in 1945, Giacalone's procurement and supply skills once again made a positive impact on troop subsistence and morale throughout the Korean War.

His next stop was Trieste, Italy, where Giacalone concentrated on locating best-value suppliers—before 'best-value' was a common term—to feed military members in Europe. When discharged in 1953, Giacalone's supply background served him well working at C. Pappas, a Boston-based food import and export company.

While Giacalone's food service expertise was exercised in both federal and private arenas, the pivotal moment came in 1955, when he was offered the position of chief supervisory inspector for fresh fruit and vegetables for the U.S. Quartermaster and for the Defense Supply Center in Rome, Italy. Reminiscing about the big decision to live abroad, he said, "I was in love with the land of my ancestors [Italy], and committed to serving my nation... so I accepted the position." With his bags packed, 1955 marked the beginning of Giacalone's 'European period' of subsistence support.

The rest is 'subsistence history.' Giacalone has inspected produce throughout Germany; introduced American-style produce items to his customers stationed in Italy, and discovered new vendors and growers for military members stationed in



Louis Giacalone: 60 years of federal service.

Spain and France. Giacalone established multiple terminal markets throughout Germany, and discovered new growers and vendors in Austria and Yugoslavia to best feed his customers.

"It was an extremely challenging job," said Giacalone, referring to what he calls his 'Spanish years.' "Spain had just opened its borders to tourists. It was virgin territory for the U.S. Army Quartermaster, but I'm proud to say we finally succeeded in opening the Spanish market to Americans." He accomplished this by exposing local growers and vendors to modern agricultural techniques—no small feat considering the poor road conditions and extensive distances he traveled as an 'ambassador' of American growing methods. His efforts resulted in providing a wider, fresher, and more familiar selection of subsistence items

for troops stationed far away from home. Giacalone is particularly proud of his role in helping to make all-American items like canned sweet corn available to U.S. soldiers stationed in Europe, whose morale often depends on such familiar food items.

But throughout it all, the whirlwind commuting from country to country did not deter him from achieving one of his life's high points: "Meeting and marrying my wife Mirella in Rome," as he describes it.

"My wife kept a record of the actual days I spent at home while we lived in Spain," joked Giacalone. "In our five years there, we were together a total of 24 months." He said the pride that Mirella has in his dedication to the job makes up for any time lost. Mirella also keeps busy as a protocol officer at the U.S. Embassy to the Vatican, arranging visits with the Pope and coordinating diplomatic work.

Currently stationed in Rome, one of this federal trailblazer's latest projects involved establishing a new terminal market in Padova, Italy.

Several years ago it became evident, Giacalone explained, that the U.S. government needed to improve timeliness in supplying personnel and families with fresh produce south of the Alps.

"Without Lou, our job of providing fresh fruits and vegetables, and implementing subsistence prime vendor to our warfighters south of the Alps would have been much, much tougher," described Navy Capt. Paul Bland, who heads DSCP's worldwide subsistence directorate. "And not only is Lou Giacalone one of DSCP's greatest assets in Europe, he's also a true gentleman."

When asked about retirement, Giacalone becomes quiet:

"Only when my job is done will I stop working in the interest of the U.S. government."

Reserve Unit activated

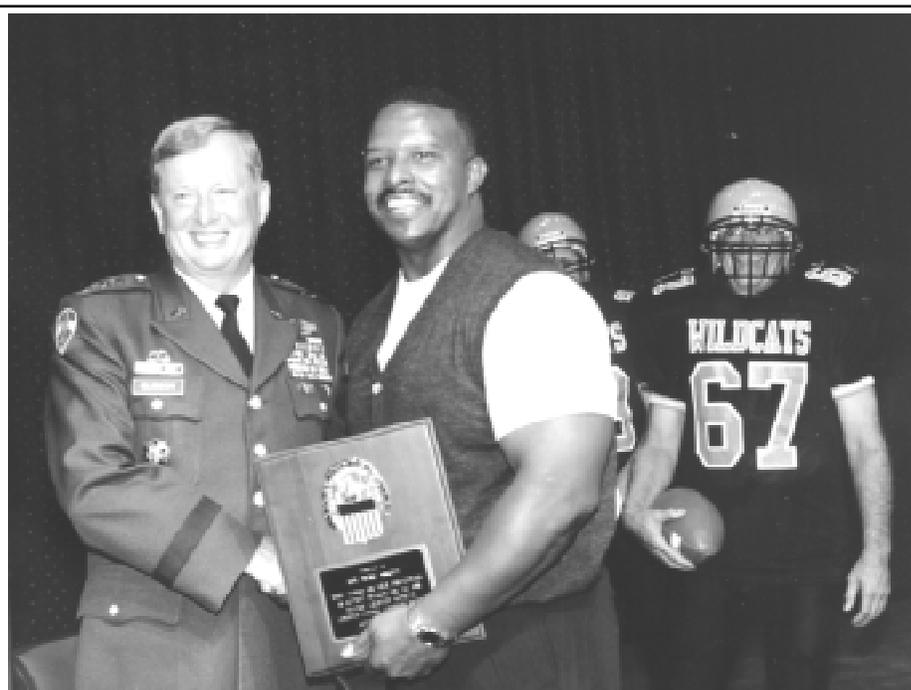
The United States Army Reserve is activating a joint reserve unit at Fort Belvoir, Va., to support the Defense Logistics Agency. The overall objective of this JRU is to provide trained and ready USAR soldiers to augment and fully integrate into DLA.

The JRU provides USAR support to DLA in an effort to enhance mobilization readiness for contingency operations and for expansion during national emergencies. Brig. Gen. Joe Thompson, the senior Army Reservist at DLA, said JRUs' mission is the same as DLA's, "To provide acquisition and focused logistics support to America's armed forces in peace and war—around the clock, around the world."

Most JRU positions are not at Fort Belvoir, but in various locations across the country. All JRU positions are nominative and require submission of a nomination packet by the soldier. Once assigned, JRU soldiers are required to perform a minimum of 12 days of annual training per year and 48 inactive duty training periods.

The greatest need for soldiers is in the quartermaster branch and Army Acquisition Corps officers at the ranks of captain through lieutenant colonel. There is also a need for noncommissioned officers at the ranks of staff sergeant and sergeant first class who hold MOS 92A and 88N.

If you interested in being a part of this exciting new unit call Sgt. First Class Keith Long (703) 767-6190, or Maj. Charles Lee (703) 767-6191.



Combined Federal Campaign kick-off

DLA Director Army Lt. Gen. Henry Glisson (*left*) presents a plaque to Channel 7 sports anchor Rene Knott at the headquarters CFC kickoff campaign. Marshall Bailey, the acting director of the Defense Automated Printing and Support Center (*second row*) and Al Ressler, director, corporate administration, provided the quarterbacking support. In the ninth week of the campaign, DLA headquarters reached 101 percent of its goal with 51 percent participation.

Headquarters employee runs marathon in Ireland for charity

by Christine Born
DLA Congressional and Public Affairs

The modern marathon, a 26-mile race, is often considered one of the most grueling of athletic contests. But, for one Defense Logistics Agency headquarters employee, the pain was worth it.

Recently, Phil Gabany, a sports specialist in the DLA Fitness Center, participated in the Dublin Marathon in Dublin, Ireland.

Gabany ran in the marathon as a member of the Arthritis Foundation's Joints of Motion training team. The Arthritis Foundation recruited Gabany for the team and flew him to Ireland to participate in the event.

"I was glad to be able to help support the Arthritis Foundation's efforts to find the cure for and prevention of arthritis and improve the quality of life for those affected by arthritis. I dedicated my training in honor of a young lady from Vienna, Va., who has juvenile arthritis.

"I really am proud of myself to have accomplished this goal for someone," he said.

Gabany said he joined the team because he had been searching for a physical challenge that would allow him to help support someone who had a disease that prevented them from participating in an event such as the marathon.

"I wanted to do something physical for the people who have similar diseases and I am happy to see that the money (fundraising) going to the organization is used to do research on arthritis and the patient services that the Arthritis Foundation supports," Gabany said.

As a member of the team, Gabany said he benefited from "the expert coaching offered by the team."

In Dublin, Gabany said he enjoyed the city and the people. "They were very nice and friendly," he said. It was his first overseas trip. The team from the Washington, D.C. area had about 20 participants on it and they stayed in Ireland for a week. He said he enjoyed meeting the Arthritis Foundation regional teams from other cities, such as New York, Boston and Seattle. Of the 6,500 participants in the marathon, about 4,200 were Americans.

"When we ran and walked through the scenic course, the thousands of spectators lining the city streets cheered us on," Gabany said. "We high-fived them as we ran,

especially the kids. The people also gave us fruit, water and other kinds of food to give us energy. When I finally made it to the finish line, I thought to myself that I had completed this race for the arthritic girl which I dedicated it to.

"After the race, we had a celebration party dedicated in honor of the people with arthritis around the world.

The Dublin Marathon is not the first one Gabany has run. He has participated in 10-12 marathons, but the last time he ran a marathon was in Montreal in 1982.

"I thought I would quit running marathons forever after the Montreal marathon because it was very gruesome and boring and I lacked the interest," Gabany said. "I was a recreational runner, not a serious runner for a long time, in order to keep myself fit. I was not interested in marathons until when I received the letter from the Arthritis Foundation. It changed my attitude toward marathons.

"When I joined this team, I wanted to have a coaching staff to push me to work hard. The staff did a great job and I trained for about 20 weeks. On the weekends, I did long runs around the Washington, D.C. metropolitan area and I did some speedwork, running short distances at an accelerated pace, and hill challenges to develop endurance and strength. During the last week of training before going to Dublin, I said to myself that I could not believe I was going to run a marathon soon and I started to be get enthusiastic. I could not imagine that this is the first a marathon I was going to run in since 1982."

Gabany said he wants to continue to run marathons. "In the future, I am thinking about running three marathons in 1999, probably in the ultramarathon category, like 50 miles or 100 miles. Wish me luck," he said.

