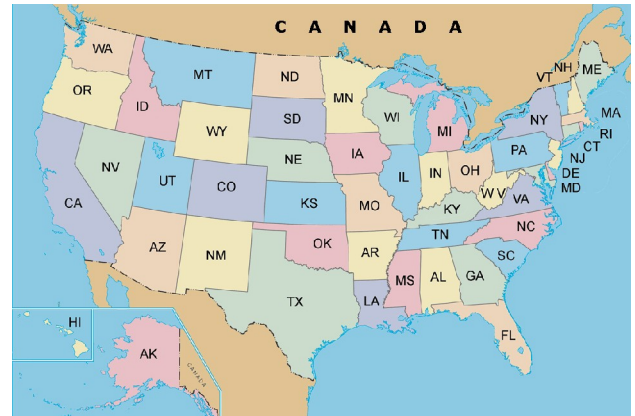




CASE STUDY:
MARATHON MAN



Ultra-runner and Endurance Coach: Tim Borland



Ultra-marathoner Tim Borland set out last year with a goal for 2007: call attention to ataxia-telangiectasia (A-T), a rare degenerative children's disease that combines the symptoms of cerebral palsy, muscular dystrophy, cystic fibrosis and cancer. His answer: run a marathon every day for more than two months.

Borland's quest started on Labor Day with a half-marathon in Anaheim, Calif. — he ran it twice — and ended with Sunday's New York City Marathon. That's 63 marathons in 63 days. He logged some 1,650 miles in 26 states, plus Washington, D.C., and Montreal.

Stacy Sims, an exercise physiologist at the Human Performance Lab at Stanford University who is also his coach, studied Borland's body throughout the Tour. "Tim wore a Zephyr BioHarness strap on his chest, which records the electrical responses of his heart, heart rate, breathing rate, skin temperature and movement-acceleration patterns of each marathon day". Tim uploaded the information daily, so that Dr Sims could evaluate the stressors and provide feedback on his pace, food and fluids intake, biomechanics and other components to help him maintain optimal performance and health.

"It was an incredible undertaking," said Sims. "I liken it to people who run across the Sahara Desert and take three months to do it."

"It was an incredible undertaking. I liken it to people who run across the Sahara Desert and take three months to do it. It was great to be able to record it with the BioHarness™"

Stacy Sims PhD
Exercise Physiologist, Stanford University

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