



23 January 2009

To whom it may concern:

It has been my privilege to know Lars Österlund since my years (1975-1998) as a research physiologist at the U. S. Air Force School of Aerospace Medicine in San Antonio, Texas. During that time Lars assisted me in presenting a number of seminars teaching occupational medicine personnel the value of exercise stress tests for predicting both health risks and physical capabilities of those desiring to enter military and public safety career fields.

Upon accepting the position of Senior Researcher (physiology) with Nike, Inc., I began concentrating my efforts on supporting the fitness and performance objectives of elite athletes. Again, Lars' knowledge and experience in the use of precision exercise equipment for the accurate determination of cardiovascular capacity makes him a valuable expert consultant. His teaching skills are simply outstanding and I continue to rely upon his ability to communicate sometimes difficult scientific information in a manner that makes it both interesting and understandable to all.

A handwritten signature in black ink, reading "Loren G. Myhre".

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