

WILLIAM R. POGUE AND ASSOCIATES, INC.

1109 Oak Drive

Fayetteville, Arkansas 72701

501-442-0852

January 5, 1981

Dear Bill:

Regarding your inquiry about my use of the Skylab Treadmill, the following statement should suffice.

I used the treadmill daily for 10-11 minutes each day. On some of the days off I didn't use the treadmill; on other days off I used it up to fifteen minutes. My daily protocol was to (a) use the ergometer ($\approx$ 30 minutes), (b) use the springs & reel exercisers ($\approx$ 15 minutes), and then the treadmill as explained above.

It was good to hear your voice - hope all goes well with the Shuttle prep.

Sincerely,
Bill Pogue