



One University Plaza
Cape Girardeau, MO 63701
www.semo.edu

Ultra-endurance Exercise: Are there limits to human endurance?



Dr. Mark Langenfeld

Wednesday, Sept. 23, 2009
at Noon

in Kent Library's Sadie's Place

How many miles can a person run in one day, swim in one day, bicycle in one day? While ultra-endurance exercise can be defined as lasting beyond four hours, plenty of people have tested themselves for every one of the 86,400 seconds in a single day! Kayaking across oceans, walking across continents, **swimming down rivers, bicycling around the world... humans display** incredible and fascinating ability to keep going longer and farther than even the Energizer Bunny® can imagine! Dr. Mark Langenfeld, a professor in the Health, Human Performance & Recreation Department, will explore this realm of amazing physical accomplishment by drawing on his experiences as an observer, crew member, participant, and researcher of ultra-endurance performance.

The presentation is open to all, and refreshments will be served.

***Kent Library Hosts: Joyce Hemmann,
Twylla James, Mary Langston, and
Matt Olsen***

