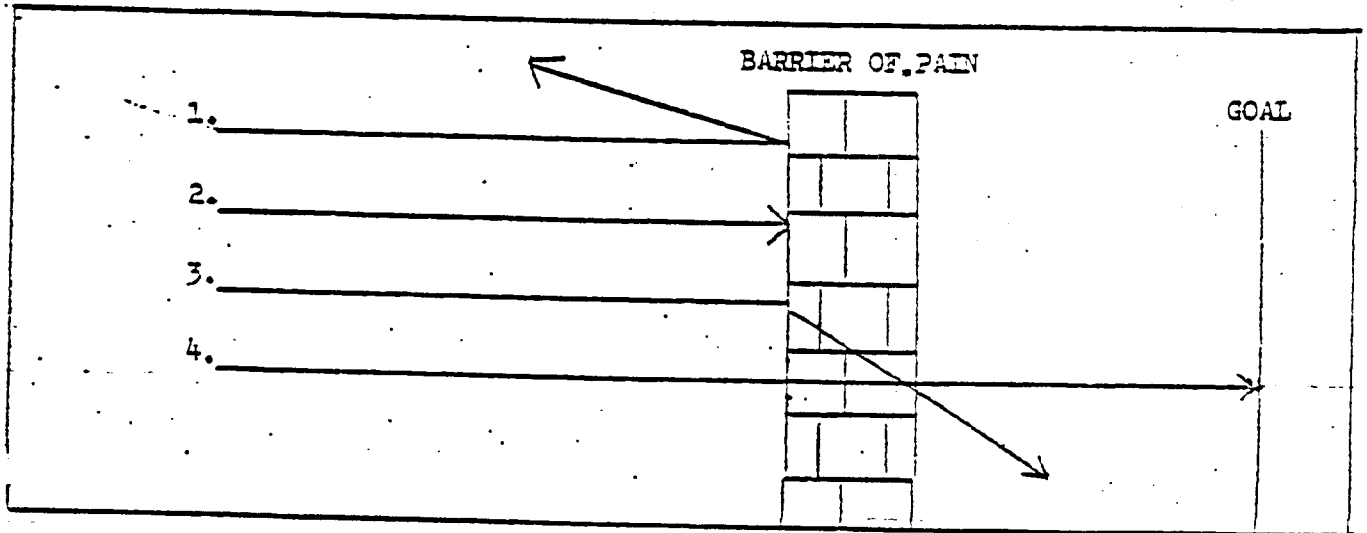


A ROAD TO SUCCESS

Set both short and long range goals...
Based on past performance, capability, and motivation.

CHART SHOWING REACTION TO RUNNING



1. The quitter who hits the barrier, bounces back, retreats and quits the squad.
2. The runner who is satisfied with mediocrity and wants to run if he is not expected to experience any pain, sacrifice or improvement.
3. The individual who works fairly hard and wants to be up with the best runners, but does not have the desire to be the best.
4. The achiever who smashes through every barrier to obtain his goal.

WHICH ONE ARE YOU GOING TO BE THIS YEAR?